

ADVENTURES IN LION COUNTRY

A HANDBOOK FOR
TEN-YEAR-OLD CUBS







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Boy Scouts of South Africa

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ADVENTURES IN LION COUNTRY



**A Book for
Ten-year-old Cubs**

I.....

AM A CUB

I BELONG TO THE

.....PACK

MY AKELA IS

.....AND

LIVES AT

.....

.....

PHONE.....

MY PARENTS READ THE

PARENTS' SUPPLEMENT ON.....



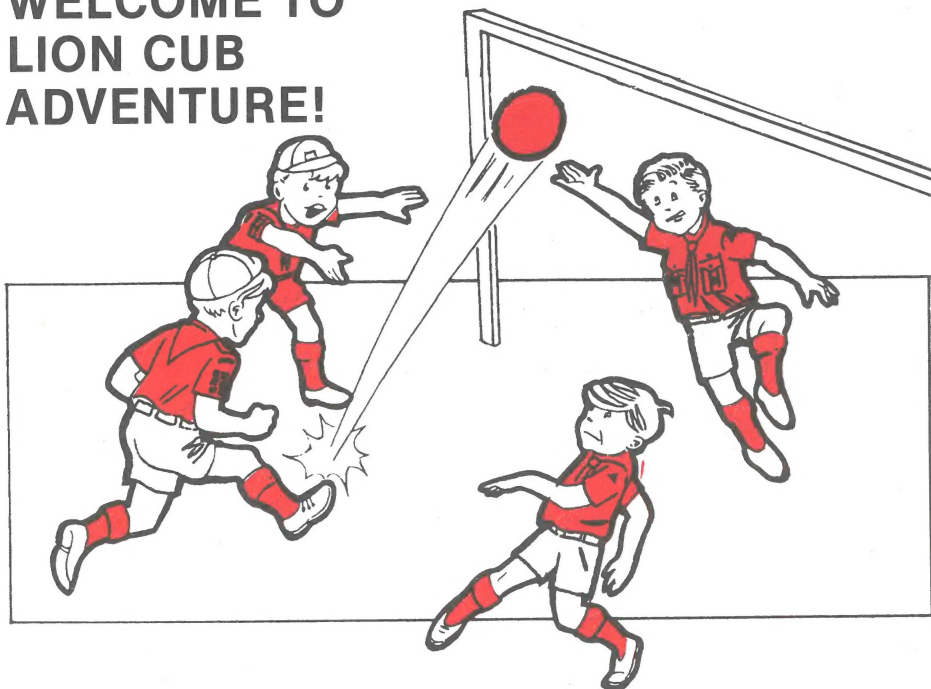
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WELCOME TO LION CUB ADVENTURE!



You are now starting your last year of Cubbing. Soon you will be a Scout, and, although the only real change in your uniform will be the hat or beret, there will be a big change in what you do. This last year as a Cub is designed to challenge you. First, there are the Advancement Tests for the Lion Cub Badge to be earned. These are even more exciting than the earlier Advancement Tests. When you have earned your Lion Cub Badge you can wear it proudly above your Cheetah and Leopard Cub Badges. You will find a total of twenty Interest Badges from which to choose. Some include new and exciting things — for example **ENGINEER, FAMILY CAMPING, COOKING, GEOLOGIST, SHOWMAN, WORLD CONSERVATION BADGE.** So work hard and see just how many Interest Badges you can earn. Have you been outdoors with your Pack lately? How many adventure activities have you had recently? Do you know how to handle a boat or how to take good photographs? You might suggest to Akela that you would like to have a special adventure activity. Ask Akela to show you the list of adventure activities to help you decide. How often do you think of the Cub Law and Promise? Remember

that you have a Law and Promise, and try to live by them. It is often a good thing to look back at things you have done before. Find your two other Cub books, if you have them. They were called:

- "Now you are a Cub" — a book for eight-year-old Cubs.
- "Fun in Cubbing" — a book for nine-year-old Cubs.

In the first book find Cheetah Cub Badge Test No. 1. Look at the list of things there. Are you still doing those things?

Now take the second book and find Leopard Cub Badge Test No. 1. Read the things you wrote down which showed you were keeping the Law and Promise. What things are you doing now?

Now you are one of the oldest Cubs in the Pack, Akela will know that you will do your best to keep the Cub Law and Promise.

So now — welcome to Lion Cub Adventure!

Adventure! What does this word make you think of? Climbing mountains, sailing, hiking along unknown trails, snorkelling, exploring — there are many more exciting and adventurous things to do.

Some boys find excitement and adventure in books. Books that tell exciting stories, books that explain about science and the world around us, books that help us discover new things about ourselves and the world in which we live.

Lots of boys find making things an exciting activity. It may be making an article to use yourself, it may be writing a play and performing in it. Perhaps it is making music for your own or somebody else's enjoyment, or it could be painting a picture. When you do these sort of things you are being creative.



Some Cubs will find all of these things exciting and adventurous; others may only like one or other of them.

You are probably one of the bigger boys in the Pack now and are starting to enjoy sport more. No matter what you like best and find most exciting, you will find it in Cubbing. You may find it in the Lion Cub Badge Tests — in the Interest Badges — in the adventure activities. So have fun.

A SPECIAL JOB FOR TEN-YEAR- OLD CUBS



Do you know that when you are the oldest, others look up to you and try to copy what you do? Do you know that your Pack Scouters will ask you to do more important things now you are amongst the oldest boys in the Pack?

Perhaps you will be asked to be a Sixer. Sixers wear two stripes on their shirts to show that they have an important job to do. Sixers help Akela in a number of ways such as:

- marking attendance books
- collecting subscriptions
- putting out games equipment
- going to Sixers' Council
- presenting their Six colour patch to new Cubs in their Six.

You will see that jobs like these help the Pack Scouters. The younger Cubs try to be like the older Cubs, so if you are a Sixer — do your best.

Maybe you will be a Second. Seconds wear one stripe and help the Sixer do his job. If the Sixer is away then the Second does the Sixer's job. Being a Second is just as important as being a Sixer because you are learning what you have to do if you should become a Sixer. So — do your best.

Maybe you will not be a Sixer or Second but this does not mean you won't have things to do.

Your Pack Scouters know you are one of the oldest boys in the Pack and so you will be given important jobs to do. Don't forget that younger Cubs will be watching you and copying what you do. So — do your best.

THE LION CUB BADGE

Possibly you now wear both the Cheetah and Leopard Cub Badges, so work well and earn your Lion Cub Badge as soon as possible. Do you realise how many important things you have learned in the past two years? Remember that what you do as a Cub will be helpful when you are in the Scout Troop.

You know how to tie knots — this is important in camping and pioneering. You have learned how to light fires, cook, use a pocket knife safely — these will also be important when you go on a camp or to a Jamboree.

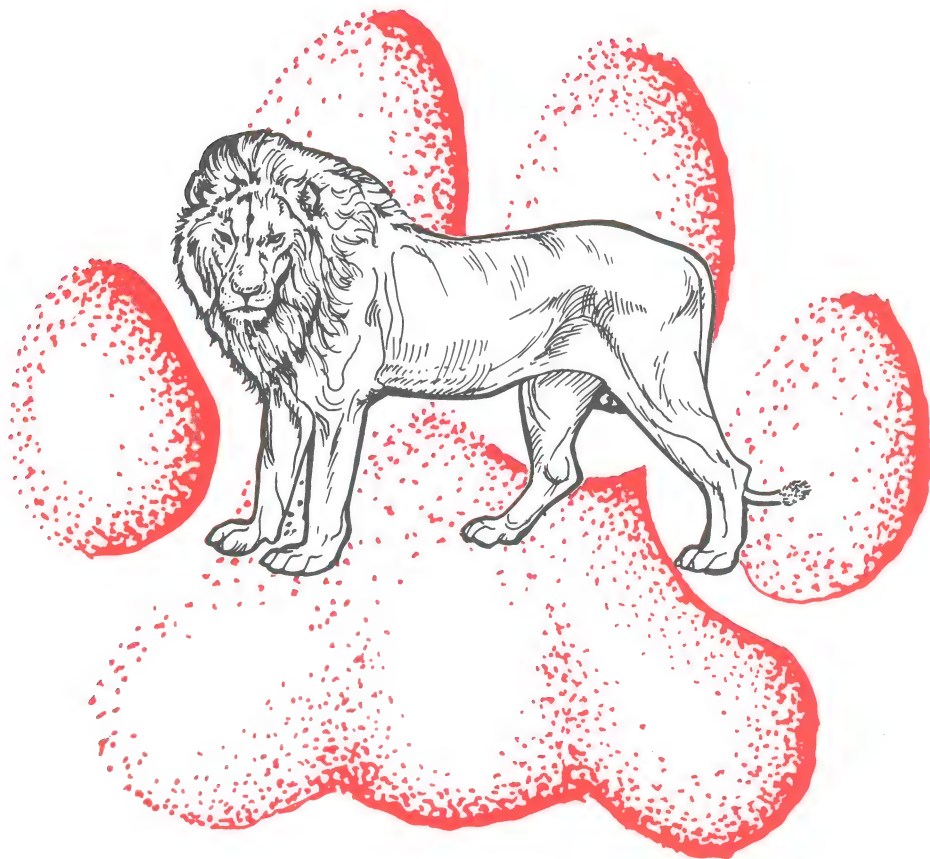
Remember:

- you must pass the first nine tests
- you may choose any three of the remaining five tests and satisfy your Pack Scouters that you know enough about them
- you should fill in the squares in this book for each test as you pass it
- mark off each completed Test and Interest Badge on the Pack Progress Chart as you finish it.

Good luck! Work hard to wear the Lion Cub Badge above your pocket.



FOLLOW THE



LION TRAIL!



LAW AND PROMISE

LION CUB BADGE TEST NO. 1

One of the most important things for Cubs to do is to keep their Law and Promise. When you play football or any other game you try to do your best. In the same way you must do your best to live by your Law and Promise.

What to do

- ☐ Do your best to live up to, the Law and Promise.
Do you know what it means to live up to the Law and Promise?
The Law and Promise are not just a set of words you say at Pack meetings. If that was all they were, they wouldn't mean much.
The Law and Promise is a code or set of rules to live by. This means that in your daily life you should try to do the things you have promised to do.
- ☐ Show Akela that you are doing your best to set an example to the younger Cubs.

Here are the things you have promised:

1. **To do your Duty to God** — this means more than going to Church or Sunday School. It means doing the things that God would want you to do. It means obeying Him. God has told you to be kind and unselfish. What else has He told you to be?

1.
2.
3.

2. **To do your duty to your Country** — this means that you are expected to keep the laws of the Country — for example: traffic rules. You must always be proud of your Country. One way of doing this is to keep the beauty of the country by not allowing litter to spoil it. Trying to earn the World Conservation Badge would be a way of doing your duty to your Country.

3. **To keep the Law of the Wolf Cub Pack.** Write down the Cub Law and say, briefly, what you think it means.

1.
2.

4. **To do a good turn to somebody every day.** Write down three things you have done to help other people in the past three days.

1.
2.
3.

Showing an example to the younger Cubs: By always trying to keep your Law and Promise, you will be acting as a guide to the younger Cubs as they start on the Cub Trail and are learning the importance of keeping the Law and Promise.

SERVICE



LION CUB BADGE TEST NO. 2

Here is your chance to do a good turn to help others. But before we can help others we have to train ourselves for service.

Conservation is important to all of us, particularly in the world of today where much of our natural countryside is being threatened by the activities of man. Many of our native plants and animals are under threat of destruction, and pollution is a big problem.

In this Test you can plan and carry out a Conservation Good Turn or learn first aid so you can help the injured; and become good at delivering messages which one day might be very important when you have to report an emergency.

What to do

- ☐ (a) Know the danger of pollution: e.g. smoke, noise, litter etc. on land and in the water. Plan a Conservation Good Turn and, after discussing it with Akela, carry it out with a group of not less than three boys.

OR

Hold the World Conservation OR First Aid and Health OR the Outdoorsman Badges.

- ☐ (b) Answer a telephone correctly and receive a message. Using a public telephone and a telephone directory pass on this message accurately. Where telephones are not available, deliver an oral message correctly to a given place.
- ☐ (c) Earn some money to pay towards purchasing things you need for school e.g. books, pens, crayons.

Pollution means the introduction of foreign elements into the air and the surroundings which destroy the purity of the air, thus causing danger to the health of man and animals, or ruining the beauty of our lovely land, destroying its natural flowers, plants, birds and animals.

Pollution is not only caused by dirt; it can also be noise. Here are a few sources of pollution: loud radios; roaring buzz-bikes and motor-bikes; smells from drains; smoky chimneys; exhaust fumes from cars, buses, and lorries; burning rubbish; and litter.

We, as Cubs, must do everything possible to stop pollution. How?

- (1) By observing smoke-free areas.
- (2) By taking extra care to avoid fire in veld or forest or on mountains.
- (3) By appreciating the beauty around us without picking flowers, destroying trees, etc.
- (4) By never throwing on the ground, sweet papers, fruit peels, plastic containers and so on.

You are asked to plan and carry out a Conservation Good Turn with at least two of your friends. Here are some ideas:

- 1. Keep a stream clear of rubbish, so that it flows freely all the year.
- 2. Make a "litter-tree" by planting a dead branch somewhere where it can be seen clearly by passers-by. Collect as much litter as you can in the area, and fix it to the "tree". Print a notice, "Don't be a litter-lout", and fix it to the "tree".
- 3. Clear up the area of a public picnic site, collecting litter in rubbish bags.

Here are other ways that you can practise and learn about Conservation:

- visit flora and fauna reserves or botanical gardens
- inspect caves
- explore fresh water streams
- explore sea shore
- explore a rock platform

When doing a conservation project bear in mind the Scout Outdoor Code.

MESSAGE

In the Leopard Cub Badge book you are shown the correct way to use a telephone to contact emergency services, but now you must also learn the correct way to answer a telephone. Good manners on the telephone are most important and the correct way to answer the telephone is to give either your name or telephone number followed by a pleasant "Hello" or "Good Morning". Listen carefully to what the other person is saying and if there is a message repeat it to the person to ensure that you have it correct.

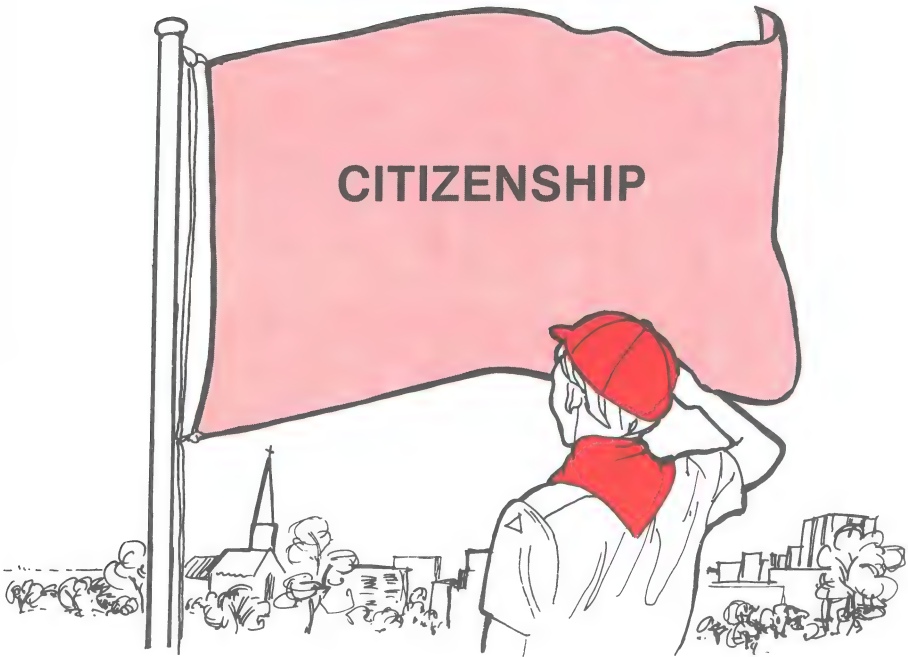
Delivering the message correctly is an important part of the Test because you can be of real service should anything happen. Whether you are delivering a message by telephone or not, there are three things to remember. We call them the three "W"s. What happened? Where did it happen? When did it happen?

If you are using the telephone, have your money ready and speak clearly. Don't get excited. Give as much information as you can.

Every Cub should know where to get help in his own neighbourhood — where the nearest police station, doctor or hospital is or where to find someone in authority who can help.

THE VALUE OF MONEY

You will be a real help to your family if you can do something to earn a little money to buy some of the things that so often have to be replaced at school, like pens and pencils. Perhaps out of your pocket money you can buy a packet of seeds and grow some vegetables. Your neighbours will only be too happy to buy them from you when they are ready for eating. Maybe your talents lie in the artistic field and you can carve ornaments out of wood, or do some other type of handcraft to make something that other people would be prepared to buy. Or perhaps your neighbours are elderly or ill and not able to care for their garden etc and would appreciate it if you would sweep or weed or tidy up to earn a little money to help you pass this Test. Do explain to the people just why you are trying to earn money for your services or talents.



LION CUB BADGE TEST NO. 3

Although flags were originally used in war, they have come to have a deeper meaning and today the National Flag is an emblem of the whole life of a nation. Our Nation is made up of citizens who belong to it. As a Cub you have been learning how to be a **good** citizen. You have tried to think of other people before yourself. You have done good turns to people. Maybe your Pack has done a community good turn.

The message of our National Flag to us is to be worthy of our Nation; to work together for the good of our Country; to be courageous, honourable, and true; and to do justice to all people, so that we are good citizens of our Land.

What to do

- ☐ (1) Draw your National Flag in colour from memory and know its history.
- ☐ (2) Draw the National Flag of another country in colour and point out where the country is on a map or globe.

1. If you passed the Citizenship Test for the Cheetah and Leopard Cub Badges, this Test will be quite easy, although a bigger challenge.

Before trying to pass this Test have a good look at your National Flag, note how the colours are arranged and what and where other parts of its design, if any, are. Let your drawing be fairly large and make a neat job of it by using a ruler. Label clearly.

Where to find its history

In a good encyclopaedia at a library or in the Citizenship book on flags obtainable from your Scout Shop.

2. You will find it exciting to choose and look up the flag of another nation and to see on a map or globe just where in the world the country of your choice lies. Once you have made your choice you will be anxious to find out all about this country — its people — the way they dress — the food they eat — the games they play — the work they do — what Cubs do in that country. All this you will find in an encyclopaedia. Remember that you don't have to do this part of the Test from memory.





SAFETY

LION CUB BADGE TEST NO. 4

Soon you will be a Scout. You will have fun hiking and camping in the veld and bush with your Patrol. Now, as a Cub, you can learn a little about looking after yourself in town and in the bush and veld so that you can find your way safely. You will also learn to know the dangers of bilharzia and polluted drinking water. In the Troop you will be able to enjoy many weekends camping and hiking.

What to do

- ☐ (a) Know what to do if you are lost in town, in the veld, or in the bush.
- ☐ (b) Know the importance of boiling water, or otherwise purifying it, from dams, rivers, etc. before drinking it.
Know the dangers of bilharzia and how to avoid getting it.

Lost in town

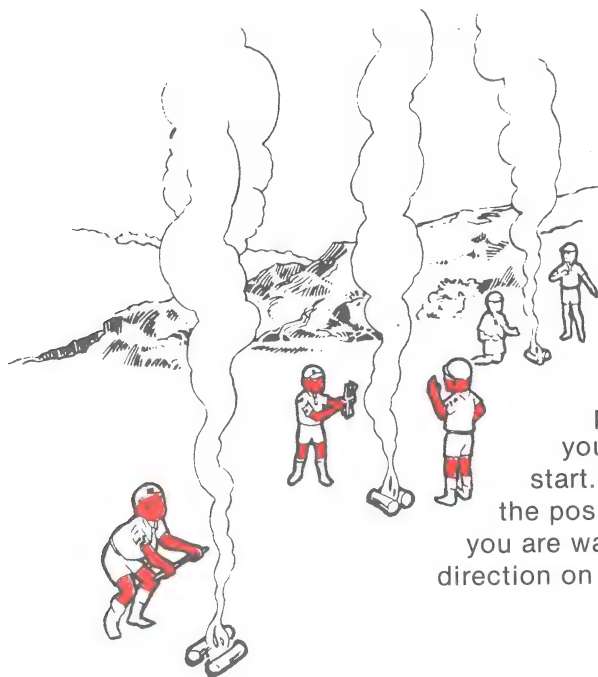
Find a policeman or a police station or a traffic policeman and ask his help in directing you. It is a good idea always to have a

suitable amount of money in your pocket so that you can telephone your family or a friend for help.

Lost in the veld

First of all heed some advice:

- Do not wander off alone into canefields, bush, mealiefields, or into grass higher than your waist.
- If you want to explore, tell an adult where you are going.
- If you are exploring, take a good look at your surroundings quite often.
- Remember a tree, a clump of bushes, a rock, so you will recognise them on the way back.



- Look backwards often, then you will recognise the way back to where you started.
- The best way is to lay a trail that you can follow back.
- It will help if you know the rough compass direction of where you are going before you start. Then you can judge by the position of the sun whether you are walking in the right direction on the way back.

Three signals means distress.

Can you think of other signals you could make in threes?

Never go off alone in the bush. If a group of you lose your way, **STAY TOGETHER**. You can be sure that you will be missed at home

and searchers will come to look for you. That is why it is important to let people know where you are going for your trip. Sit down together and discuss what you are going to do.

- Don't panic — keep calm.
- Make your way to the highest point in the veld that you can see or keep in the open spaces where you can be seen clearly.
- Stay where you are. No one must wander away.
- Make yourself comfortable and stay warm.
- Ration food and water in case you have to wait a long while.
- Listen for searchers.
- Signal your position. Three signals means distress:
 - ★ three calls or coo-ees (don't wear your voice out)
 - ★ three smoke columns (use leaves and green wood)
 - ★ three whistles
 - ★ three flashes from a mirror or torch.

Purifying Drinking Water

Water in flowing mountain streams is usually safe from bilharzia and typhoid, but never drink from slow-flowing rivers, dams, and pools without first boiling the water for five minutes. After boiling, muddy water will become clearer if you let it stand so that the mud settles on the bottom. It is important to destroy all germs or tiny living things that could harm your health.

Bilharzia

This disease is caused by tiny parasites found in river and dam water in certain parts of Southern Africa. These parasites are mainly found in pools which are frequently used for swimming, or in slow-flowing rivers, pools, and dams which are close to houses and huts where humans live. The parasites infest certain types of small, fresh-water snails that prefer slow-flowing rivers with lots of vegetation on the banks. They will not survive the cold winters on the Transvaal Highveld, the Free State, the Karoo, the north-eastern Cape, and Lesotho.

If you drink or swim in water that has the bilharzia parasite then the parasite may enter your body. Two to three months later, if you have become infested you may pass urine which burns acid and is blood-stained. Although bilharzia is not a serious disease and is fairly easily cured, it is much better not to get it! So do not swim or wash in a slow-moving river, a pool or a dam unless you find out first whether bilharzia is present in the water. **NEVER DRINK THE WATER WITHOUT BOILING IT FOR FIVE MINUTES.**



LION CUB BADGE TEST NO. 5

Accidents can happen at any time and in any place!

In the next few pages you will find out how to be prepared to help someone who is injured. The first thing to remember is to keep your head and not become excited. Do what you can for the injured person and as soon as possible find someone older who can take over from you. This is what is meant by FIRST aid.

What to do

- ☐ (a) Show an understanding of the principles of mouth-to-mouth respiration, and demonstrate how to maintain an open airway.
- ☐ (b) Know and explain how to activate the Emergency Medical Services in your neighbourhood.

OR

Know and explain how and where to obtain help in the case of an emergency.

- ☐ (c) Show how to treat minor burns, insect bites and stings, and how to remove thorns and splinters.
- ☐ (d) Know and explain two health risks associated with cigarette smoking.

OR

Hold the First Aid and Health Interest Badge.

In the Health and First Aid Test for the Cheetah Cub Badge you learned how to help a person who has stopped breathing. A person who has had a heart attack may stop breathing. This does not usually happen to young people, but sometimes it happens to middle-aged or old people. You will learn more about how to give

basic life support to victims of heart attacks when you become a Scout.

People may also stop breathing if they appear to have drowned, or to have suffered an electric shock, or if they have been struck by lightning. People rescued from a burning building may have suffocated from smoke and may have stopped breathing. If a person has had a head injury in an accident he also may have stopped breathing.



An unconscious patient is nursed in the "coma position" shown above, or on his side, with his head extended and lower jaw supported, in order to keep the airways open.

The first thing to do, without pause or hesitation, is to lay the victim on his side and to open the person's airway and keep it open. If the head is tilted forwards this may obstruct the airway and prevent him breathing.

But when the unconscious person's head is gently tilted backwards as far as it can go and the neck is tilted upwards, breathing will often start again quite naturally by itself. A person who cannot breathe

naturally will struggle for breath, and his face and lips will turn blue. As soon as natural breathing starts, the heaving movements of the chest will stop, and the colour of the face and lips will turn pink again.

If breathing does not start naturally when the person's head is tilted back, you must open the patient's mouth and sweep your finger to and fro inside his mouth to remove obstructions such as food or false teeth. The unconscious person must always be lying on his side at this stage in case he starts vomiting.

If the patient's head has been tilted backwards and the airway is free of blockages, and breathing does not start naturally at once, then mouth-to-mouth artificial respiration must be started without delay.

To do this the unconscious person must be rolled on to his back,

and his head must be gently tilted far backwards.

At the same time, place a hand behind his neck and lift his neck gently upwards.

Kneel beside the patient, and close off his nose with the fingers of one hand.

Then take a deep breath and seal your open lips against the patient's open lips.

Breathe out hard into his lungs.

If you watch the patient's chest out of the corner of your eye, you should see his chest rise.

Then unseal your lips and allow the air to escape.

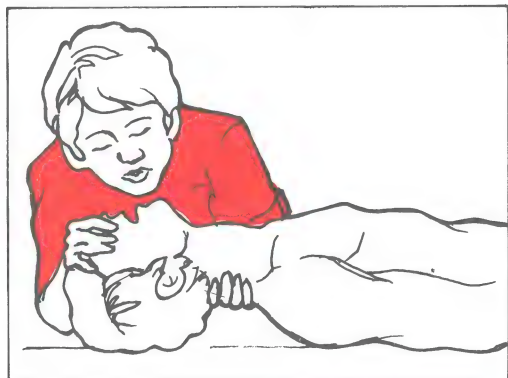
Keep on doing this for as long as you can, and breathe into his lungs at least 10 times per minute. No-one can give mouth-to-mouth respiration for very long, so you must get some help.

If you are alone, shout for help.

If there are two people present, the youngest should run for assistance.



Raise neck and tilt head backwards _



Seal off patient's nose _



Breathe out hard into his lungs at least 10 times per minute _

Emergency Medical Services

In most places in Southern Africa, the emergency medical services are under the control of the Chief Fire Officer. Every Cub should know the name, address, and telephone number of this officer.

If there is no fire station in your neighbourhood there may well be a hospital or nursing home. They will have an ambulance or an emergency vehicle to send to the scene of the accident.

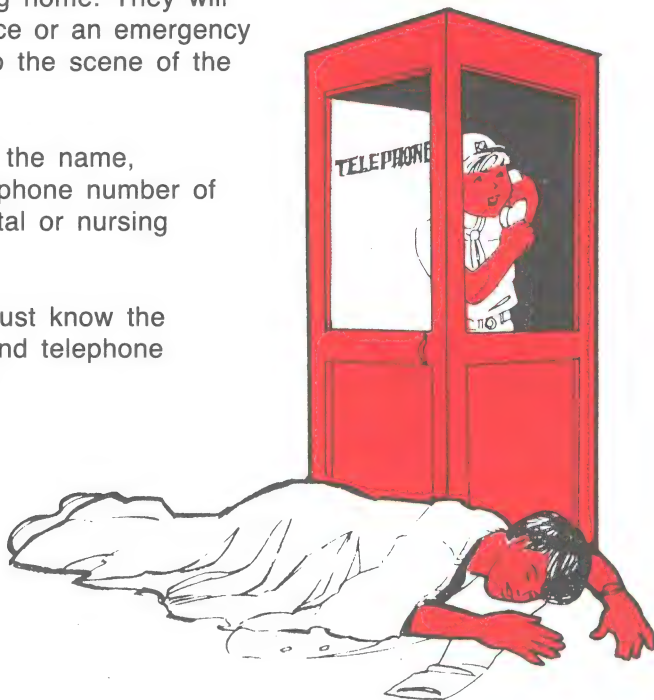
You should know the name, address, and telephone number of the nearest hospital or nursing home as well.

Otherwise, you must know the name, address, and telephone number of the nearest doctor in your area.

Always carry a small card with the telephone numbers and addresses of all

the local emergency medical services in your pocket. The card should be waterproofed with plastic and kept up-to-date.

The alternate test in this section is only for those Cubs who live really far away from towns or cities and where there are no telephones, no fire station or hospital nearby. When there is an emergency you will still have to know just what to do. Where is the nearest main road where you could stop a passing motorist? Where is the nearest telephone? And is it practical for you to reach



it in an emergency? Is there a responsible adult who lives near who knows something about first aid? Akela, who knows the area where you live, will help you prepare for this test.

Minor Burns

A minor burn is a burn of the finger tip, or a very small burn on the body. Gently wash the burned area with soap and cold water. It is a good idea to let the injured person wash his own burn with soap and cold water because he will know when it hurts. Never apply ointments or antiseptics. The pain of the burn can be relieved by applying a clean dry dressing such as an elastoplast dressing strip. Always have an adult inspect the injured part as soon as possible.

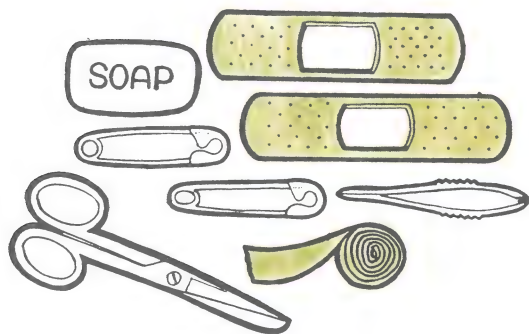
Insect Bites and Stings

Some bites, such as ticks and fleas, can be very itchy and sometimes can be painful.

The sting of a bee, wasp or a scorpion can also be very painful. But most bites are harmless and there is little you should do.

Some people, however, are very allergic to bee stings and scorpion stings.

The allergic person will know that he may be in danger.



Such a person needs skilled medical attention as soon as possible. An allergic person's face and eyelids may begin to swell and puff up. The stung area may also become very swollen and red. The patient must be taken to a hospital or a doctor without delay.

In rare cases, the victim may stop breathing, so he must never be left alone.

Thorns and Splinters

No Cub should walk around camp without shoes.

If he does, he is very likely to get a thorn in his foot.

When walking in thorn country it is wise to wear boots and even leggings.

All good first-aid kits should contain an effective pair of tweezers with close-fitting jaws.

With a good pair of tweezers it is quite easy to remove a thorn or splinter. But if the whole thorn or splinter is buried under the skin, you should not try to remove it. Let an adult decide what to do. Never dig around in the wound with a needle or tweezers.

When you have pulled out the splinter or thorn with the tweezers, wash the wound with ordinary soap and water. Never apply ointments or antiseptics.

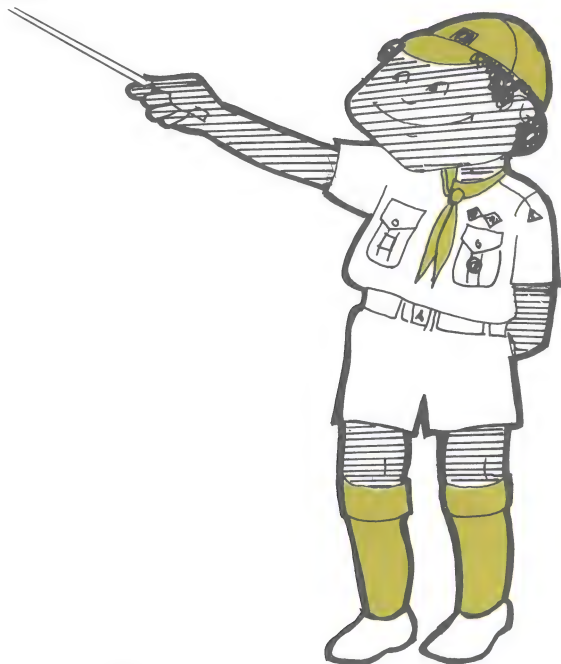
A clean dressing such as an elastoplast dressing strip should be used to cover the wound.

Be healthy, don't smoke!

The bad effects on health that follow the smoking of cigarettes do not occur until late in life.

It has been proved beyond doubt that cigarette smoking is the main cause of lung cancer. Cigarette smoking can, and usually does, cause a chronic infection of the lungs called bronchitis. People who do not smoke are ALWAYS healthier than people who smoke.

So be smart and don't start!



OBSERVATION



LION CUB BADGE TEST NO. 6

A "Scout" in the Army still means a soldier sent ahead to find out what enemies may be about, and to bring back information on what he has seen. There are lots of stories of soldiers tracking down enemy troops on the battlefield, of criminals and spies hunted down and caught by secret service men and police, because of the tracks and traces they had left behind. The hunter uses his tracking skill when he hunts wild game. You'll be able to use yours when you follow a woodcraft trail in this test.

Real outdoorsmen and explorers must be able to recognise the stars and clouds so that they can find directions at night without a compass, and judge what the weather will be like. When you are a Scout you too will learn to do this.

What to do

- ☐ (a) Know how to make and recognise at least 10 woodcraft signs. Follow a woodcraft trail where 20 of these signs are used.
- ☐ (b) Be able to recognise and identify by name EITHER two star constellations OR two types of cloud formations.

Woodcraft Trail

Before you can expect to know how to track footprints of a human in the open, or follow tracks made by a wild animal, you must be able to follow a simple track made up of woodcraft trail signs laid for you by someone else.

Woodcraft trail signs are scratched on the ground or shaped from sticks, stones, grass, or other natural material at hand.

Here are some woodcraft signs:

Signs may be drawn on the ground or made with twigs or pebbles.



I have gone this way.



Turn right.



I have gone a short distance



I have gone a long distance



wrong road.



Message hidden 3 paces away -



This way to water

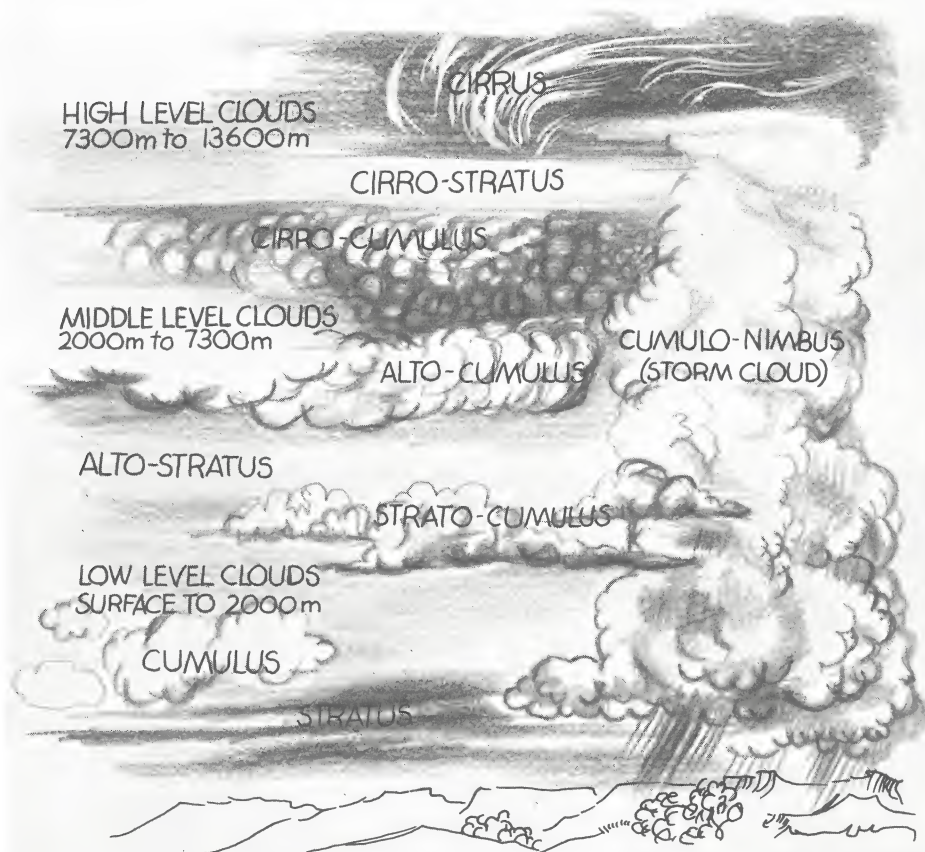


I have gone home -

When following a track made with trail signs use your eyes and do not hurry. Be sure that the sign is really a sign and not one that you are just imagining. Usually there are signs about every six metres. If you lose the track, return to the last sign you are sure of. Check the direction, and then start again, looking more carefully this time.

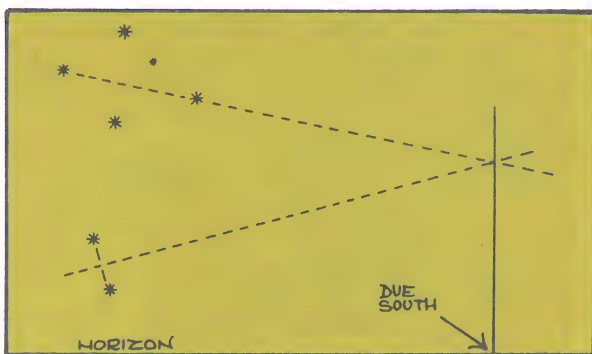
Look upwards for signs as well as downwards.

If you still can't find the next sign, mark the last sign you are sure of with a stick or handkerchief. Then "cast around", that is, pace off six metres in the direction to which the last sign is pointing and walk around it in ever-increasing circles until you find the missing sign.

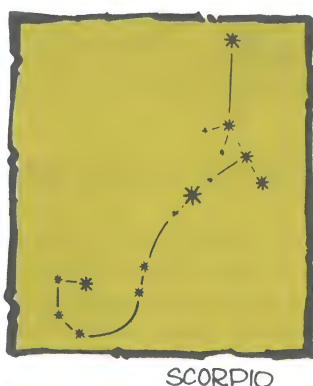
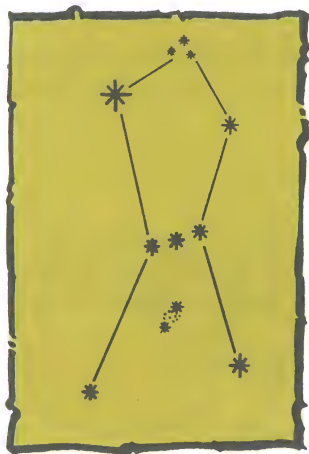


STARS

If you did the "Skies" Interest Badge when you were nine, you will already know how to find some constellations. See if you can identify some more. One that is easy to see is the Southern Cross. The following method will help you find due south:



Imagine a line through the long arm of the Cross. Imagine another coming straight out at a right angle from halfway between the two Pointers. Where these lines meet is the approximate position of the South Pole in the sky. If you stand and face this point in the sky you will be facing due south.

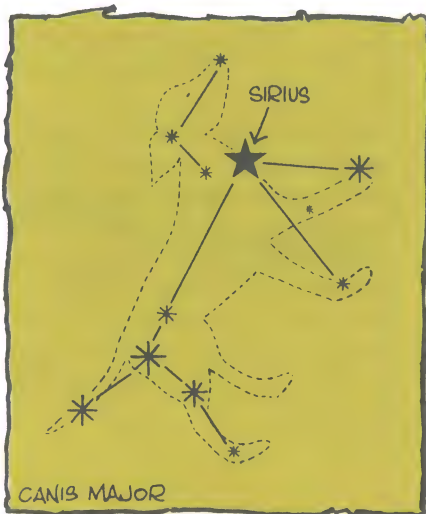


You will need a book of the stars of the southern hemisphere to help you find the constellations and individual stars. Don't forget that their positions change throughout the night.

Some are easy to identify, like the bright Dog Star "Sirius" which is the brightest fixed star in our heavens.

It is part of the constellation "Canis Major" or "Great Dog".

Find a book that tells you the best times of the year to look for each constellation, and where in the sky they are to be found.





LION CUB BADGE TEST NO. 7

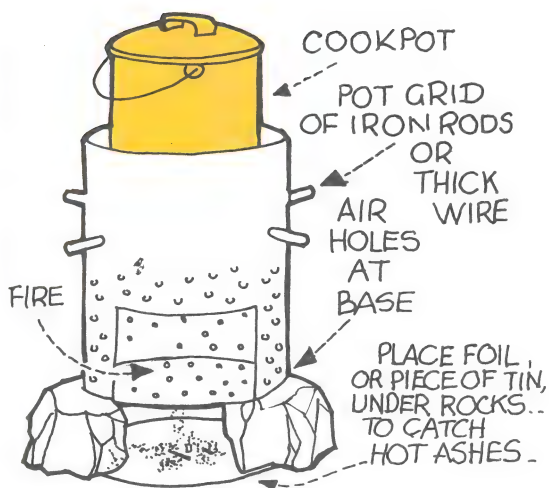
You may have to cook a meal for your Patrol when you become a Scout, so now is the time to practise so that you won't have to do what Baden-Powell himself was made to do — eat the whole meal himself because it was so awful!

What to do

- ☐ 1. Make a conservation stove to a given design.
- ☐ 2. Boil a potato or fry an egg or cook pancakes on it.

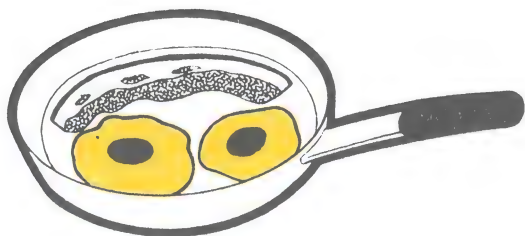
You have been taught that Conservation means saving our beautiful surrounds — mountains, rivers, beaches, plants, flowers, trees — from being destroyed through carelessness or untidiness. If you use a conservation stove when you are in camp or on a hike, you will prevent the ground being scorched under your fire and thus allow plants to grow on the site.

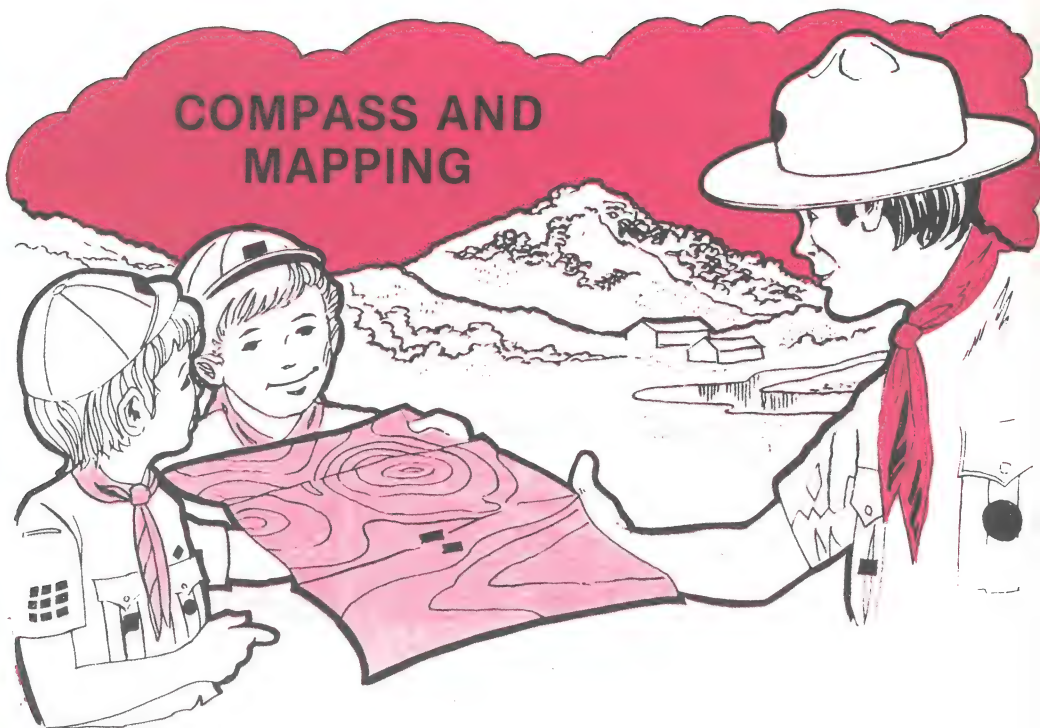
Here is a picture of a conservation stove to help you make one. Your dad will be very interested to help you make it, but you'll find it more exciting if you do the work while he guides and advises you what to do.



HERE'S ONE OF THE VERY MANY WAYS IN WHICH YOU CAN USE TIN CANS TO MAKE "CONSERVATION STOVES" THAT WORK EFFICIENTLY.

Now try your hand at cooking. Boil a potato or fry an egg, or make a pancake. Then make a nice cup of tea to go with it. You can also use your stove if you go on outings or picnics. With just a handful of twigs and thin sticks, my pot boiled in 10 minutes. See if you can beat that.





COMPASS AND MAPPING

LION CUB BADGE TEST NO. 8

On land it is easy to find your way about because there are many landmarks which you can use.

How do people get on when there are no landmarks?

This happens on the ocean, in space, in deserts. It sometimes happens on land when the weather is bad and a thick fog forms.

How do you tell people how to get to a place which is in the bush with no road to it? You give them compass directions. The most important thing about a compass is that the needle always points in a north/south direction. Often the north-pointing end of the needle is painted red. Since the needle always points in the same direction you will know which way to go to travel north, south, east or west.

In this test you will learn about how a compass works and how to use it.

What to do

- ☐ Know the 8 major points of the compass. With or without a compass, follow a simple compass trail based on these 8 major points.

Have you ever played with a magnet?

Did you notice how it picks up things containing iron?

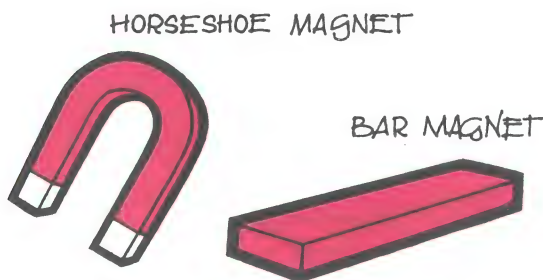
Things such as nails, pins, buckles.

Have you ever had two magnets to play with?

Did they always attract each other and come together or did they sometimes move apart?

Here are two types of magnet:

- bar magnets which are straight
- horseshoe magnets which are curved like a horseshoe.



If we place one bar magnet on a table and bring one end of another bar magnet near it sometimes they will come together. This is called **ATTRACTION**.

Sometimes the ends of the two magnets will not come together. This is called **REPULSION**.

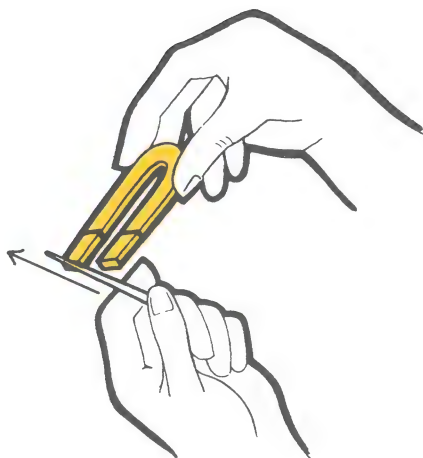
Try doing these things for yourself.

To make a compass you will need the things shown in the picture on the right.

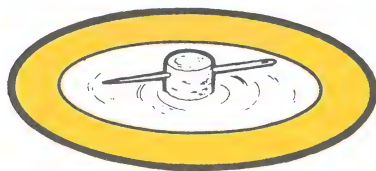


Now do the following:

- Hold the needle in one hand.
- Stroke the needle with the magnet as shown.
- Stroke the needle 40 times in the same direction.
- Push the needle through the cork.
- Mark north, south, east and west on the saucer with a felt-tipped pen.
- Now float the cork on the saucer of water.

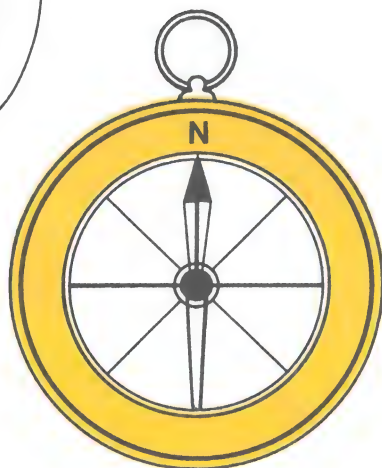
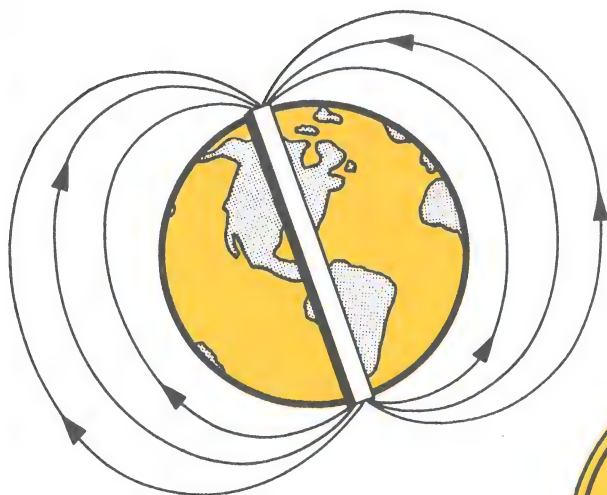


You now have your own compass.



A compass needle is also a small magnet.

One end of the compass needle is attracted to the north pole of the earth.



The earth acts as if it had a great big bar magnet up through the middle.

Borrow a compass from Akela and learn the names of the eight principal points.

Then complete this drawing of a compass dial.

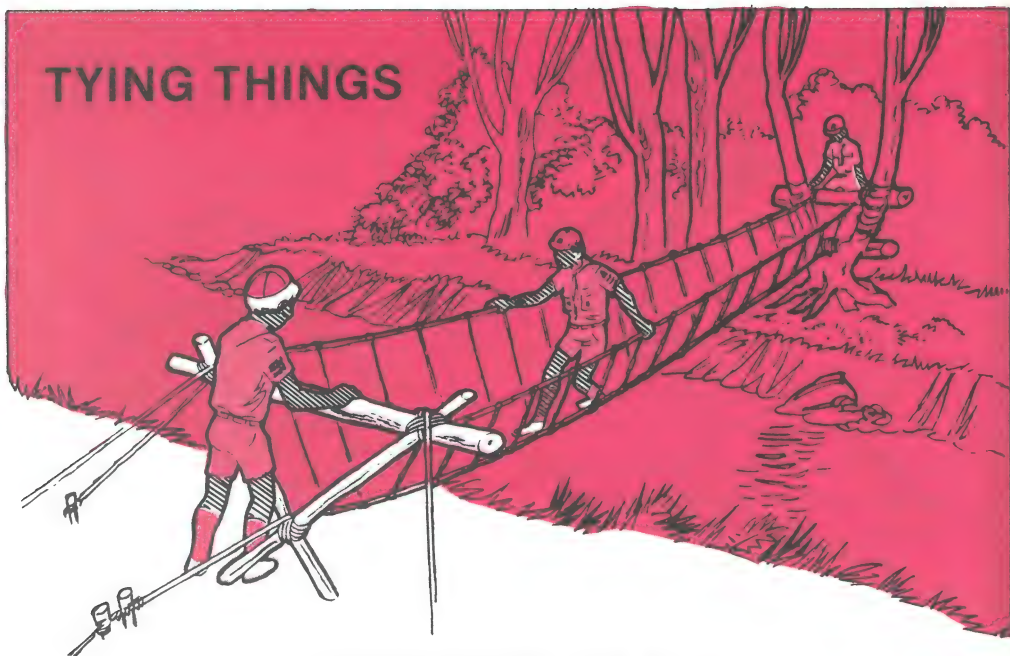
See if you can use the compass. Hold it perfectly flat in the palm of your hand. Twist the compass until N is exactly under the north-pointing end of the needle.

Try this “mini-journey” to see how well you can use a compass:

- walk 12 paces due north.
- next, turn and face east. Be careful, you will have to re-arrange the compass as N will no longer be under the needle. Do this by turning the compass in your hand. Now walk 6 paces due east.
- walk 6 paces due south
- walk 4 paces south-west
- Walk 4 paces due east
- walk 4 paces north-east
- walk 6 paces due south
- walk 10 paces due west

You should finish up where you started.

TYING THINGS



LION CUB BADGE TEST NO. 9

These Cubs are having fun on this rope bridge. It was made by Scouts with only rope and spars. They had to be sure to lash the spars securely and to use the right knots. In this test you will learn the knot they used to begin their lashings.

What to do

- ☐ (a) Whip the ends of a rope using the West Country method (see diagram).
- ☐ (b) Make a free loop using a Bowline, and tie a Bowline around yourself and around someone else. Tie the Clove Hitch and the Sheepshank and know their correct uses.

West Country Whipping

No Cub who is thrifty, that means takes care of things, would use a rope unless the ends were whipped. This stops the ends from fraying and spoiling the rope.

Here is the method. It is very simple.



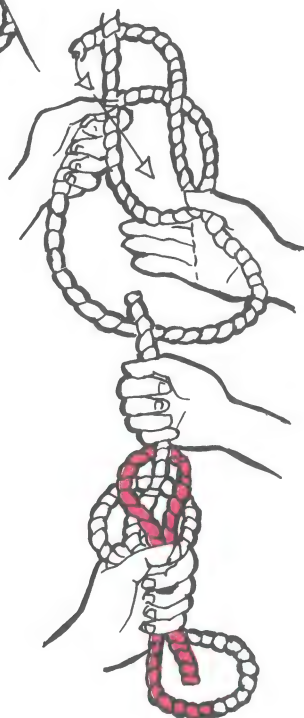
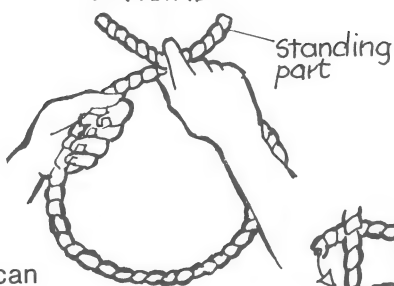
West-Country Whipping

Bowline

This is a very important knot to know. A Bowline is a loop tied with a knot that will not slip. Also it will not jam, so you can untie it easily again.

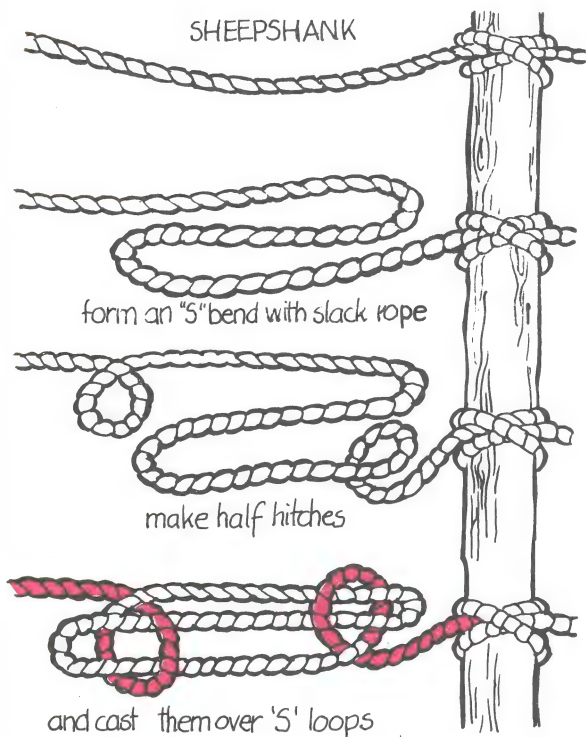
By making a small loop it can be used if the halyard on the flagpole has no loop into which to slip the toggle of the flag. Or perhaps the strop of your flag has no loop. Ask Akela to show you how to tie it around your own waist and that of someone else, for it is a rescue knot that can be used for raising or lowering people.

BOWLINE



Used to make a loop that will not slip

SHEEPSHANK



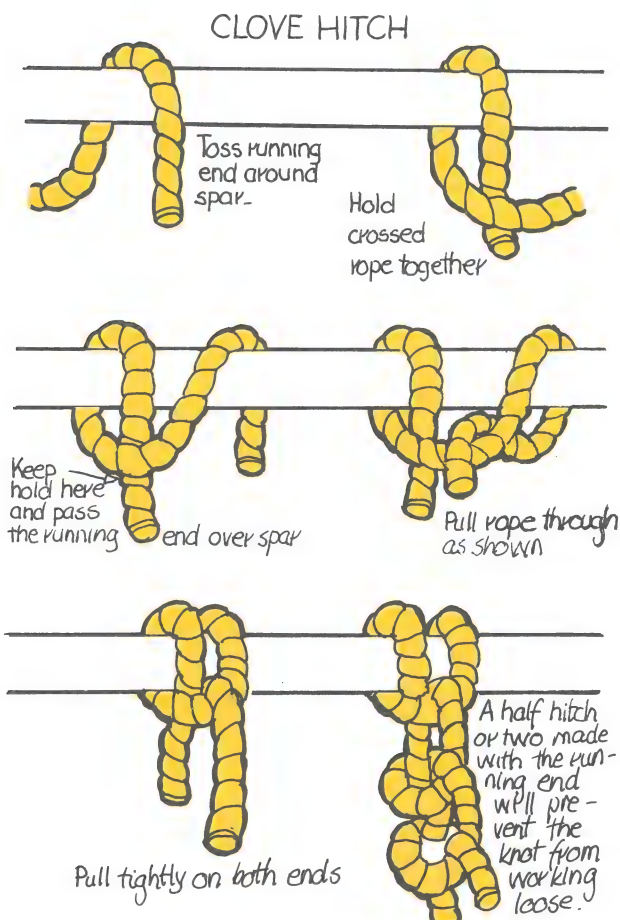
Sheepshank

This is used to shorten a rope without cutting it. It is used most often to shorten the guy-lines of a tent.

Clove Hitch

A Clove Hitch makes fast a rope to a spar (pole). It is the most important knot for pioneering. It is used for starting and finishing most lashings, which you will learn about when you become a Scout.

Jerking or movement will cause it to become undone. It is of no use for a swing. For this purpose use a Round Turn-and-two-Half Hitches.





COMMUNICATIONS

LION CUB BADGE TEST NO. 10

Cubs live in many very interesting places. There are Cubs whose homes are in parts of the country where the Voortrekkers and the early Settlers lived. There are Cubs living where Chaka, Sandile, and other African Chiefs fought battles; or where the diamond and gold rushes took place; or even where the infamous horse-thief, Scotty Smith, held up stagecoaches on the road to Kimberley. Cubs everywhere live in interesting, and sometimes beautiful villages, towns, cities, and suburbs.

Every boy has a share in our heritage, which means all the things that have happened to make our country what it is. Many people of many races have, in the past, played a part in its development. Probably your parents and grandparents and even your great-grandparents are a part of it.

You will want to visit places where interesting things happened and to learn more about them. As a Cub you can continue the heritage by being helpful to all, by being a good citizen, and by being careful not to harm or pollute our historic places and environment.

What to do

- ☐ Visit a place of interest with your family, with members of your Pack, or with your school. Find out all you can about it and afterwards tell one of your Pack Scouters about it.

All around us are interesting places. In cities there are museums, historic buildings, monuments, stations. In the country are historic places, great places, battlefields, mountains, cranses, fine dams and bridges, and many other things.

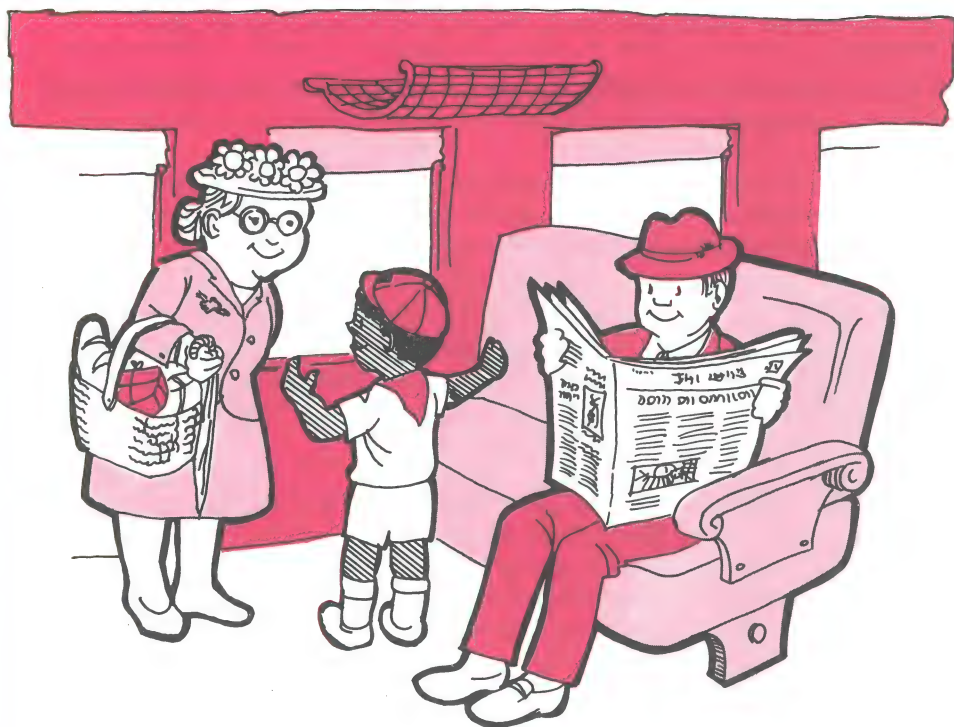
The important part of this Test is that you should know about the places around your home. You should learn as much as you can about them so you can tell visitors and other people. The more we know about our Country the better citizens we become.

Things to find out

Why is it there,
when was it built,
what happened
there, who lived
there, what is its
history, and so on.
It is fun to find out.



TIME



LION CUB BADGE TEST NO. 11

Long ago, when there were no trains or buses or aircraft to catch, no schools to go to, no T.V. programmes to watch, and no Pack meetings to attend, it didn't matter very much whether anyone could tell the time or not. Life was simple. But now we all simply must know how to read a watch correctly so we can keep appointments on time. We must also know how the 24-hour method of recording time works so that we can read timetables.

A Cub is never late for anything. Being late is really giving in to yourself, because with a little effort you can always be on time.

What to do

- ☐ (a) Know how the 24-hour clock system of recording time works.
- ☐ (b) Using the 24-hour clock system, give correctly the times of the main events of your day. (For example: At 06h30 you get up. At 14h40 you reach home from school and so on.)

OR

Use a bus or railway timetable to work out a good connection for a journey that involves a change midway.

OR

In discussion with an adult draw up a plan for using your spare time during the course of the next week for a useful purpose. Carry out the agreed plan and tell an adult about it.

Every Cub knows that there are 24 hours in every day — from midnight on one night to midnight on the next night. Now that you can tell the time, you will know that a normal watch or clock face only shows 12 hours, so the hour (small) hand has to travel twice around the dial during the 24-hour day.

If a clock shows 11 o'clock, for example, it is easy for us to see whether it is 11 o'clock in the morning or 11 o'clock at night according to whether it is light or dark outside. If we write this time down, we write it 11 am to indicate it is before midday, or 11 pm to show that it is after midday. But this can easily lead to mistakes because written down they look so much alike.

When it is important to avoid mistakes or confusion, as in railway timetables or in the armed forces, we use the 24-hour method of writing down the times. This is quite easy once you get the hang of it.

From 1 am to 12 midday there is no difference, except that we write the hours such as 9 am as 09h00, 10 am as 10h00, 11 am as 11h00 etc. But once 12 o'clock midday is passed, we go on counting up to 24. So we write down 1 pm in the afternoon as 13h00, 2 pm as 14h00, 3 pm as 15h00 and so on to 12 midnight which is 24h00. Half past 2 pm would be written as 14h30, 22 minutes to 4 pm as 15h38, 10 minutes to 5 pm, as 16h50 (50 minutes past four pm).

See if you can write down correctly the following times using the 24-hour clock:

- 20 minutes past 2 pm
- 15 minutes to 11 am
- 5 minutes to 12 noon

Here is a timetable for you:

1 am — 01h00	7 am — 07h00	1 pm — 13h00	7 pm — 19h00
2 am — 02h00	8 am — 08h00	2 pm — 14h00	8 pm — 20h00
3 am — 03h00	9 am — 09h00	3 pm — 15h00	9 pm — 21h00
4 am — 04h00	10 am — 10h00	4 pm — 16h00	10 pm — 22h00
5 am — 05h00	11 am — 11h00	5 pm — 17h00	11 pm — 23h00
6 am — 06h00	12 noon — 12h00	6 pm — 18h00	12 midnight — 24h00

Using a railway timetable

If you want to visit a place and have to go by bus or train, look at the timetable to see when the journey begins and when it ends. If the arrival time is too late for the event you wish to attend, make an earlier journey.

Find out the departure time of the return journey and see which one will get you home on time, and be sure to be at the stop or station in good time.

If you have to use two buses or trains to get to a place, use the time-table to see that you end the first part of the journey in time to start the second part.

This is a way to plan a trip around South Africa by train:

Leave Johannesburg	10h30 Tuesday	Arrive Cape Town	14h35 Wednesday
Leave Cape Town	16h00 Wednesday	Arrive Port Elizabeth	08h55 Friday
Leave Port Elizabeth	19h20 Friday	Arrive East London	13h10 Saturday
Leave East London	11h00 Sunday	Arrive Bloemfontein	02h50 Monday
Leave Bloemfontein	09h00 Monday	Arrive Durban	08h00 Tuesday
Leave Durban	09h30 Tuesday	Arrive Johannesburg	05h50 Wednesday

USING SPARE TIME

If we look at any day in our lives we realise that there are certain things that happen regularly e.g. school for so many hours a day, eating, sleeping, and so on. Write down a timetable for yourself for the next week listing each day what you know you have to do and any time during each day that you have nothing specific to do.

Next make a list of all the things you need to or would like to do e.g. you may need to make a model or sort out a collection, or would like to visit a sick friend or start jogging to get fit, and so on. Then the final step is to plan these into the timetable you drew up, but still leaving some time for relaxation. Once you have planned like this and actually carried out your plan you will start learning how to use time in a useful way and achieve more than usual.



FEATS OF SKILL

LION CUB BADGE TEST NO. 12

Now that you are ten you should be doing well at things like kicking a rugby ball, swimming, running, throwing and catching a ball. They are skills necessary for most sports. Dribbling a soccer ball is necessary in order to play soccer. Sit-ups and pull-ups will help keep you fit for sports; and Scout's Pace, when you have mastered it, will enable you to judge accurately what distance you have covered.



What to do

- ☐ (a) Run "Scout's Pace" over a 1 km course in 8 minutes.
- ☐ (b) Throw a cricket ball 18 metres OR dribble a soccer ball around a course drawn on the ground in the shape of a figure-of-eight measuring 12 metres long.
- ☐ (c) Swim 25 m and then tread water for 60 seconds if in fresh water OR 120 seconds if in sea water.

OR

Do 35 sit-ups and 3 pull-ups.

Scout's Pace

The early trackers in Africa were able to cover great distances because they knew how to conserve their energy. They used to run for a short distance and then walk and then run again. Baden-Powell knew about this and told the first Scouts that if they ran 20 paces and walked 20 paces, always breathing through their noses, and knew how long it took to go a certain distance, it would be very useful. He called it "Scout's Pace". Today it is useful to keep fit, but also important is this: If you know how long it takes to go 1 km, you will know when to start out to get to a place in time.

If you know you can do Scout's Pace for 1 km in **exactly** 8 minutes, you will know that if you have been running and walking for 24 minutes, you have gone 3 km.

Dribbling a soccer ball

Dribbling a soccer ball takes a lot of skill.

It needs your muscles and brain to work together to control the ball.



Softball is only one of the games in which throwing and catching a ball is necessary.

Cricket is another game most Cubs play and in this you must be able to throw and catch the ball. Learn to throw straight and on to a target on the ground. One day you may have to throw a lifeline, so practise until you can throw accurately.



Remember:

- keep your eye on the ball
- practise.

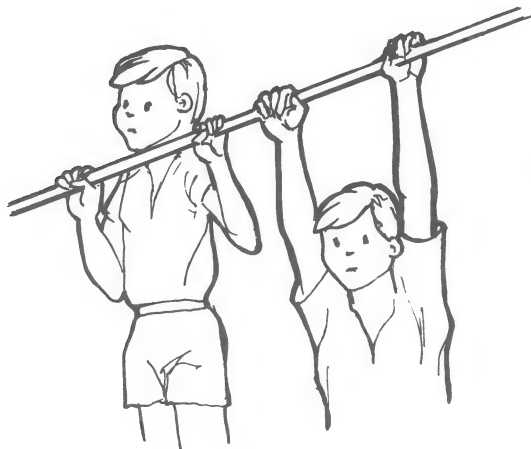
Sit-ups: Lie on your back with legs straight. Ask someone to hold your ankles. Clasp your hands behind your neck. Sit up, touching the right elbow to the left knee. Lie flat. The next time, sit up, touch the left elbow to the right knee, and lie flat again. Count one sit-up each time you lie flat again.

Pull-ups: With the palms facing forward, grasp an overhead bar. Hang with arms and legs fully extended and feet off the ground. Pull yourself up with the arms, without kicking the legs and without swinging, until you place your chin over the bar. Now lower yourself. Count one pull-up each time your chin is over the bar.



Sit-ups

Pull-ups



Swimming

Every Cub should be able to swim. If you can't by this stage, find someone to show you how. It may one day save your own life or that of another.

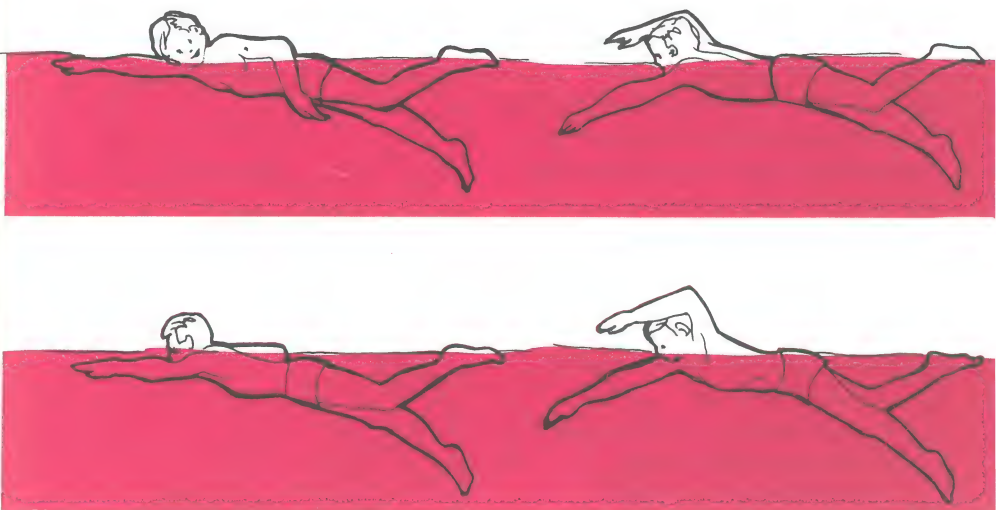
Racing Stroke:

This stroke is called the American crawl. It is for fast swims, but it can be tiring over long distances.

Start by floating facedown with your arms and legs extended. Begin to kick fast and evenly. Try to keep your legs straight.

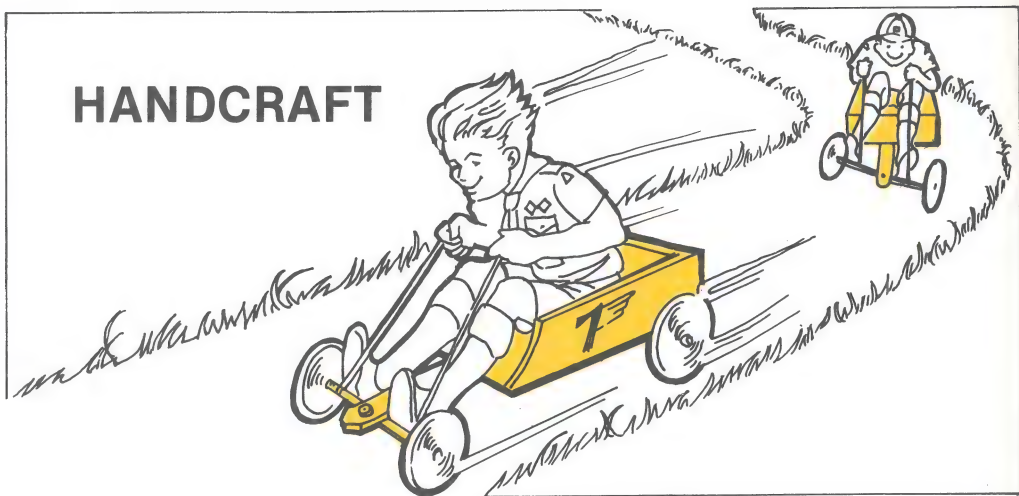
As you kick, reach one arm forward as far as it will go. Then pull it back hard through the water. When it gets about halfway back, reach forward with the other arm and stroke.

To take a breath, turn the head to one side out of the water as you stroke the arm on the opposite side.



All these activities, which are fun, are to help you to grow strong and healthy so you can be of service to your Country and those around you.

HANDCRAFT



LION CUB BADGE TEST NO. 13

Do you like riding a soapbox car? You can have great fun if a friend also has one. Would you rather fly a kite? Maybe you would rather walk around and look at the world from a pair of stilts? Whichever one of these appeals to you, you can make it for yourself in this test for your Lion Cub Badge. Dad will enjoy helping you to make something. Ask him to show you the correct way to use his tools.

What to do

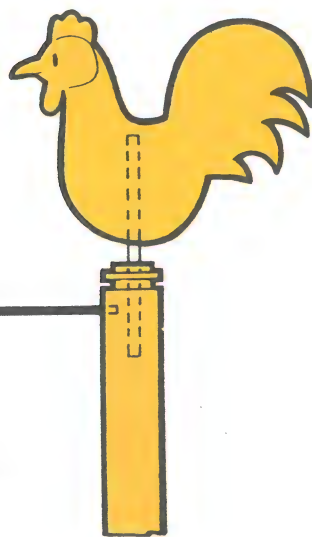
(a) **Make TWO of the following:**

- ☐ A kite that flies
- ☐ A weathercock that works
- ☐ A popgun that works
- ☐ A compass that works
- ☐ A basket
- ☐ Stilts to walk on
- ☐ A pet cage
- ☐ A soapbox car



- ☐ An article in knotted string
- ☐ A carving in wood or soap
- ☐ A model in plasticine or clay
- ☐ Six sketches from nature
- ☐ Six coloured pictures of flowers or animals with their names
- ☐ Draw a story in six pictures
- ☐ A wire vehicle
- ☐ A woven article
- ☐ A leatherwork article

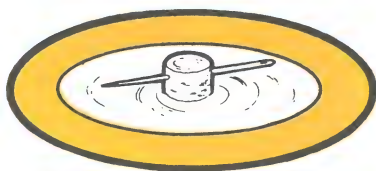
- ☐ (b) Show that you know how to care for the tools and equipment you used to make the two items above.



To make the weathercock you will need:

- plywood
- screws
- pivot

Remember that the nose of the weather vane points to the direction the wind is coming from.



If you turn back to Page 36 you will see how to make a compass that works.



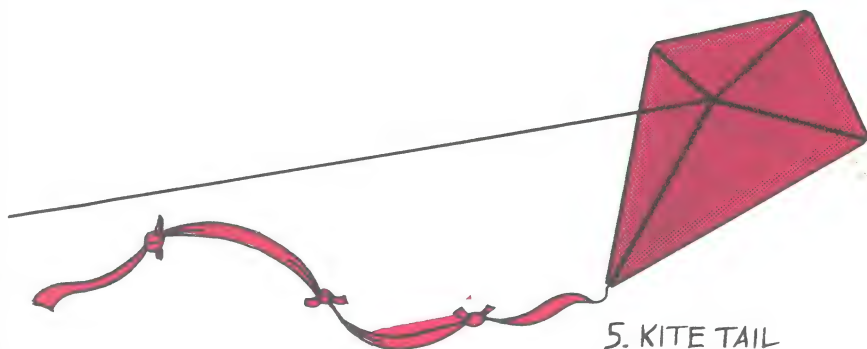
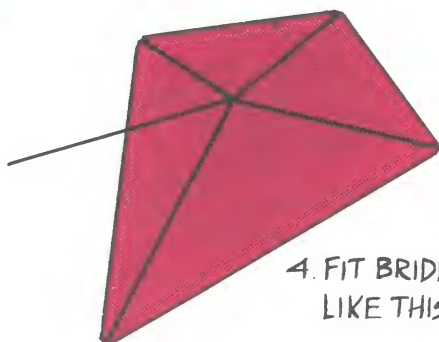
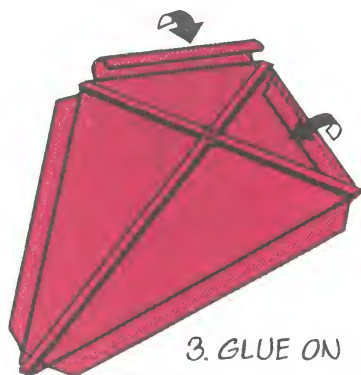
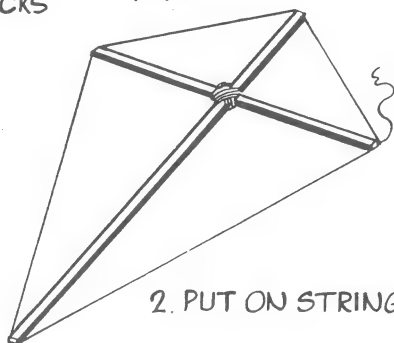
The basis for this soapbox cart is a wooden box.

Flying a kite is great fun especially if you have made the kite yourself.



To make this kite you will need:

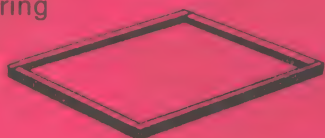
- 2 light sticks
- string
- glue
- paper



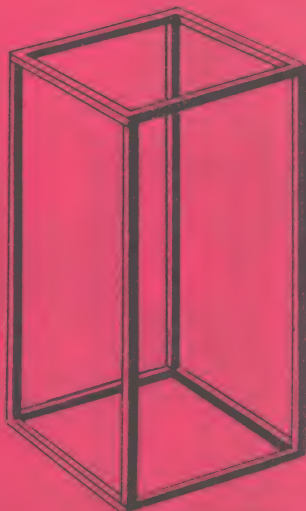
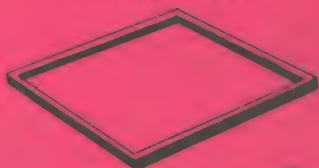
A box kite doesn't need a tail or bridle, but it does need to be made of very light material.

You will need:

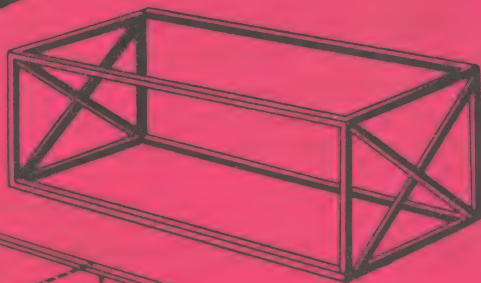
- 4 sticks 1 metre in length
- 8 sticks 30 cm in length
- 4 sticks 40 cm in length
- 2 cloth or paper strips
- string



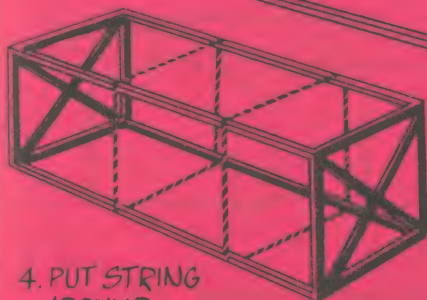
1. BUILD
2 FRAMES
FOR BOX ENDS



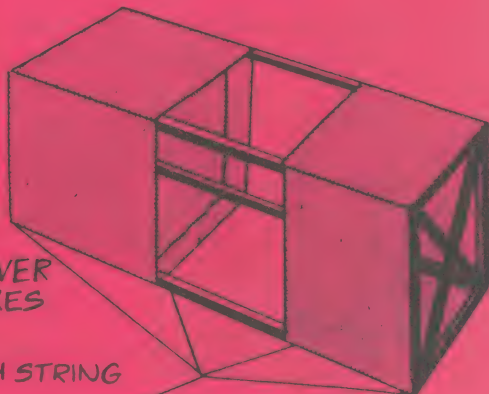
2. PUT THE
UPRIGHTS
IN PLACE



3. PLACE
CROSS SUPPORTS
IN BOXES

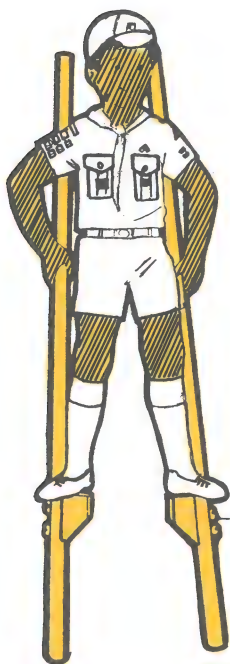


4. PUT STRING
AROUND
THE KITE



5. COVER
THE BOXES

6. ATTACH STRING

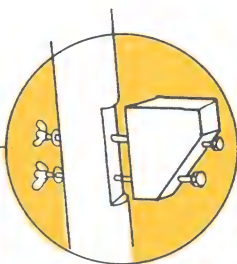


To make these stilts you will need:

- two long pieces of wood
- an oblong block of wood
- four long bolts

Cut the oblong block of wood into two triangles for the foot supports.

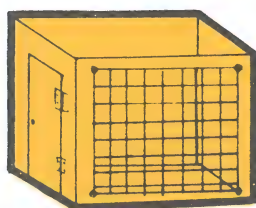
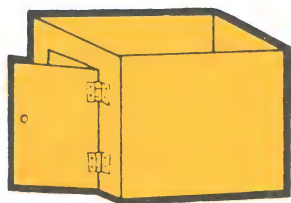
Assemble stilts like this:



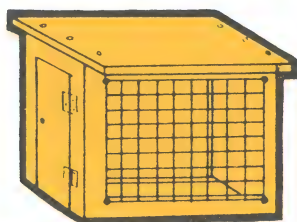
To make this bird cage you will need:

- a fruit box
- wire netting
- tacks
- hinges

1. Cut the side out, put hinges on to make a door like this.



2. Put the netting on like this.



3. Put a roof on the box like this.



COLLECTING

LION CUB BADGE TEST NO. 14

Collecting is fun. The world of nature, particularly, can be full of surprises for Cubs. And full of things to learn. To pass this test for your Lion Cub Badge you must pass the Collector's Interest Badge which you will find described on Page 73 of this book. Perhaps you will start collecting now, or you may wish to extend the collections you made for the Collecting Interest Badge or Test 14 of the Leopard Cub Badge when you were nine.

What to do

- ☐ Hold the Collector's Interest Badge.



THE RED BADGES

Now that you are older, you probably have quite a few Yellow and Blue badges on your sleeve. You are old enough, now, to try for some Red badges too. Perhaps you have already earned one — the Aquanaut. If you haven't, turn to it now and think about giving it a try, even if you haven't finished your Lion Cub Tests yet.

Older boys like you are ready to try more new interests and master new skills. Look down the list at the variety. Would you like to find out about volcanoes, earthquakes and rocks? Then you will be interested in the Geologist Badge. Are you an Athlete? Or an Artist? Do you like Collecting? There are badges for all of these and badges for other types of interests as well.

When you try something new, stick at it until you can do it well. You will find some of the activities a real challenge, but, as an older Cub you understand how it is important for you, as a Cub, to **DO YOUR BEST** and **NOT TO GIVE IN TO YOURSELF**.



Some badges have up to six or seven requirements. Work at them steadily and have each one marked off as you become successful at it.







Here is the list of RED BADGES from which you can choose:

Aquonaut	Geologist
Artist	Linguist
Athlete	Naturalist
Citizen	Outdoorsman
Collector	Religion and Life
Cooking	Scholar
Craftsman	Showman
Engineer	Sportsman
Family Camping	Traveller
First Aid and Health	World Conservation



Remember to talk to Akela about each Badge you want to do when you are ready to tackle it. Akela will arrange for someone to instruct you and will also arrange an examiner when you are ready to be examined. Get busy and see what you can achieve!

Soon you will be a Scout and many of the things you learn as a Cub will show you are prepared for the fun and adventure of the Troop.



AQUANAUT



INTEREST BADGE NO. 1

Are you an aquanaut? If so, you will be at home in and around the water. You will understand the dangers there, too. You will know and remember the safety rules, how to protect yourself and others in the water.

Practise to become a good swimmer and learn to swim the different strokes as well as underwater.

Keep trying to improve your swimming and boating skills. The better you become, the more fun you will have, and you will know you are safe.

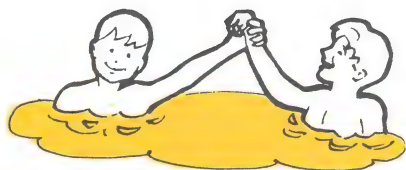
What to do

- ☐ 1. Swim 200 metres freestyle.
- ☐ 2. Do any THREE of the following:
 - (a) A surface dive in approximately 1,5 metres of water in shirt and shorts. Remove clothing while in the water without touching the bottom or sides of the pool.
 - (b) With safe equipment swim on the surface for 50 metres using mask, flippers and snorkel; submerge and swim underwater for approximately 20 metres.
 - (c) Commencing from the shallow end, swim 50 metres in shirt and shorts using one type of stroke only.
Tread water for one minute.
 - (d) Explain and demonstrate a rescue method and mouth-to-mouth resuscitation.

(e) Know the rules of small boat safety. Show that you know how to handle a rowing boat.

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1			
2			

REMEMBER! SWIMMING SAFETY



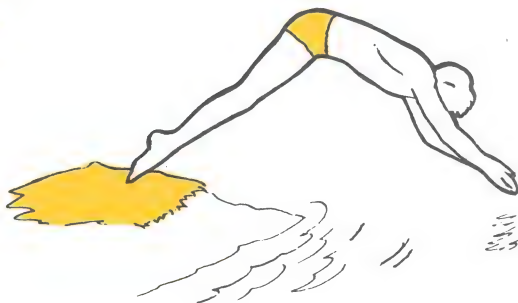
- swim with a pal

- come out before you get tired



- wait before going in the water after eating. After a heavy meal do not swim, especially in cold water, for 3 to 4 hours. After a snack, do not swim in cold water for an hour to an hour-and-a-half afterwards as you may get cramp and drown.

- check strange water before diving





- don't show off or push others under

BOAT SAFETY

- step in the centre when entering
- sit in the middle, balance the load
- keep low and crouch if you must change seats or move



- if your boat capsizes, hang on, don't leave it
- if you use an outboard, fit the correct size motor for your hull



- wear a buoyancy vest
- keep a lookout for swimmers and other boats



Aquanauts know water rescue methods:

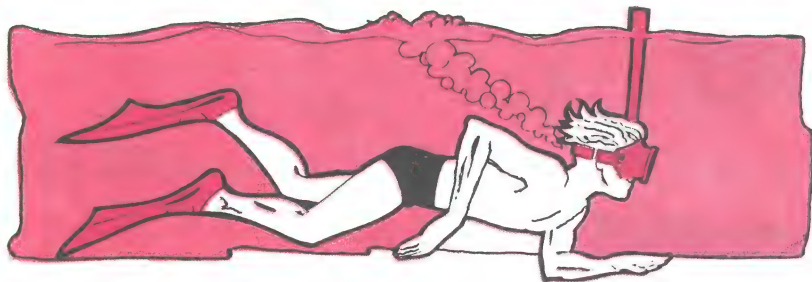
REACH with anything available nearby. Act quickly.

THROW anything that will float — a buoy, a line, an inner-tube. Try to throw it a little beyond the victim.

ROW a boat, canoe or raft to support the victim.

Remember, trained adults are usually assigned to do rescue work. It is safest to leave it to them unless you are the only person nearby. Do not attempt to swim out to rescue someone, because they might drag you under, too.

MOUTH-TO-MOUTH RESUSCITATION is a rescue operation for someone who has stopped breathing because of drowning. Remove him from the water and start **at once**.



Learn to use a face mask, snorkel and flippers and have fun underwater snorkelling.

Your mask should only cover eyes and nose, and fit so well that it will cling if you hold it to your face and breathe in. The **WINDOW** should be safety glass with a metal band holding it in place.

To prevent fogging up, wet the glass and rub it well with saliva or wet seaweed. Then rinse it again.

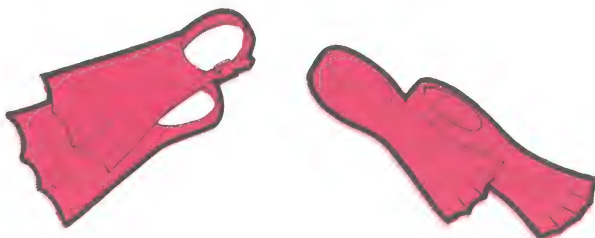
Try out the mask in shallow water first, and stay under just as long as you comfortably can. Then come up to the surface and breathe through your mouth — the only way to breathe when using a face mask.

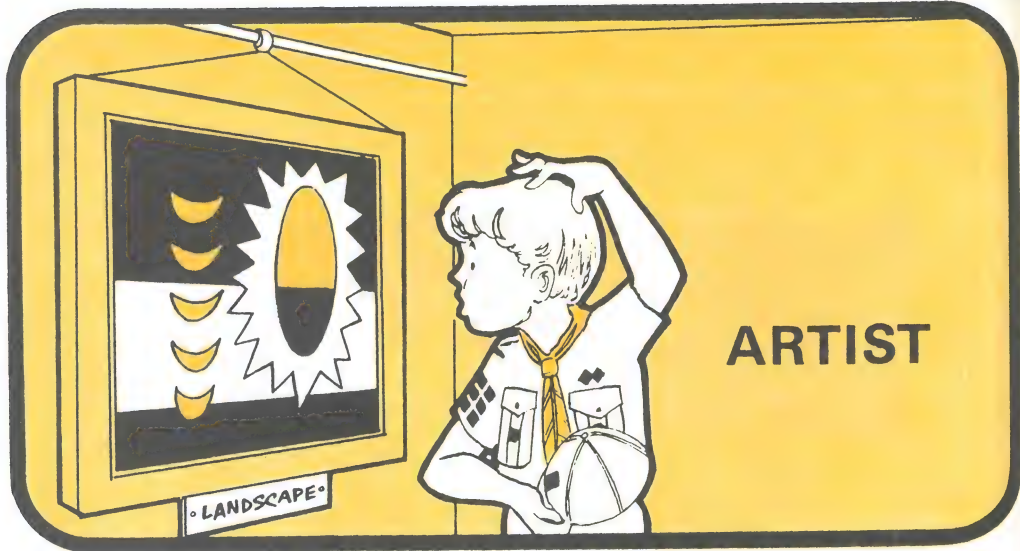
Using a **SNORKEL** means you can stay underwater and still take a breath. The best and safest sort is a straight J-shape with a soft rubber mouthpiece.

Place the snorkel inside the headband, sloping backwards, with the mouthpiece securely in your mouth. Blow out before you breathe through your snorkel when you are on the surface.

Flippers help you to swim faster. Slow, easy kicks with your knees bending will move you through the water quickly and easily.

Don't kick too hard at first, as you will soon tire your leg muscles. Practise with your equipment on the surface of the water only, until you are a really good snorkeller. Then, you can safely dive down to take a closer look at all the interesting things underwater.





INTEREST BADGE NO. 2

If you enjoy painting and drawing, this Badge will appeal to you. Even if you don't have a great talent for art you will enjoy learning how artists work.

An artist is not only a man who paints a picture to hang on the wall. He may be a sculptor and work with clay. A potter is an artist; he makes bowls and vases, and decorates them tastefully. An interior decorator is a kind of artist; he blends colours, furniture and textures of materials to make a room pleasing.

What to do

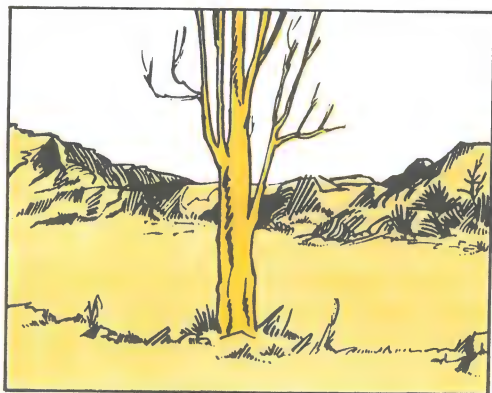
Do any FIVE of the following:

- ☐ (1) Draw, paint or sketch an original picture using water-colour, crayons, coloured pencils or oil paints. Frame it to hang on a wall.
- ☐ (2) Know the primary and secondary colours and how to combine them to produce other colours.
- ☐ (3) Produce six different designs using straight lines, curved lines, or a combination of both.
- ☐ (4) Draw a profile of a member of your family or a friend.
- ☐ (5) Make a mobile and hang it.
- ☐ (6) Make a greeting card of your own design and send it to another person, preferably the examiner. Decorate or illustrate the outside and letter suitable wording inside. (Size not less than 125 mm x 200 mm when folded.)
- ☐ (7) Use clay or other plastic material to sculpture a simple object.

- Notes:**
1. Paper size except where otherwise indicated should not be less than 275 mm x 373 mm in order to encourage imagination and free movement of the wrist and hand.
 2. Except where otherwise indicated, pencils, pen-and-ink, water-colours, felt pen crayon and Cray-pas are acceptable. In Test (6) coloured gum paper may be used.
 3. Articles made for Test 13 for the Lion Cub Badge may not be used for the Artist Badge as well.

No.	Date	Examiner Sign Here	Entered on Chart

Do a painting of one thing at a time — a vase, a bottle, a piece of fruit. Paint it many times; you will become better with practice. Gradually add more things — a cloth, or a bunch of grapes, for instance. Paint these, and see how they look.



If painting a landscape avoid cutting your picture in half by lines up and down or across. For instance, don't put the horizon in the middle of the picture. This breaks continuity and makes the picture uninteresting.

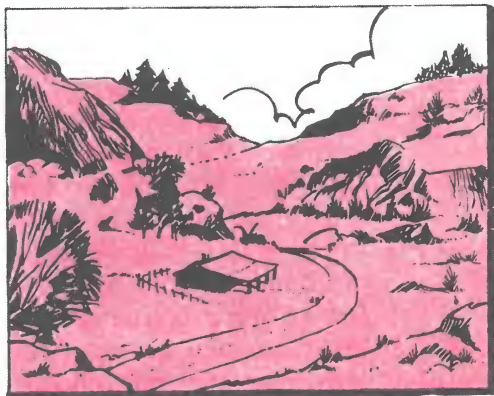
You will be drawn towards this picture, because the road leads somewhere and your eyes will follow it.

When painting, hold your brush in a position that is comfortable for you.

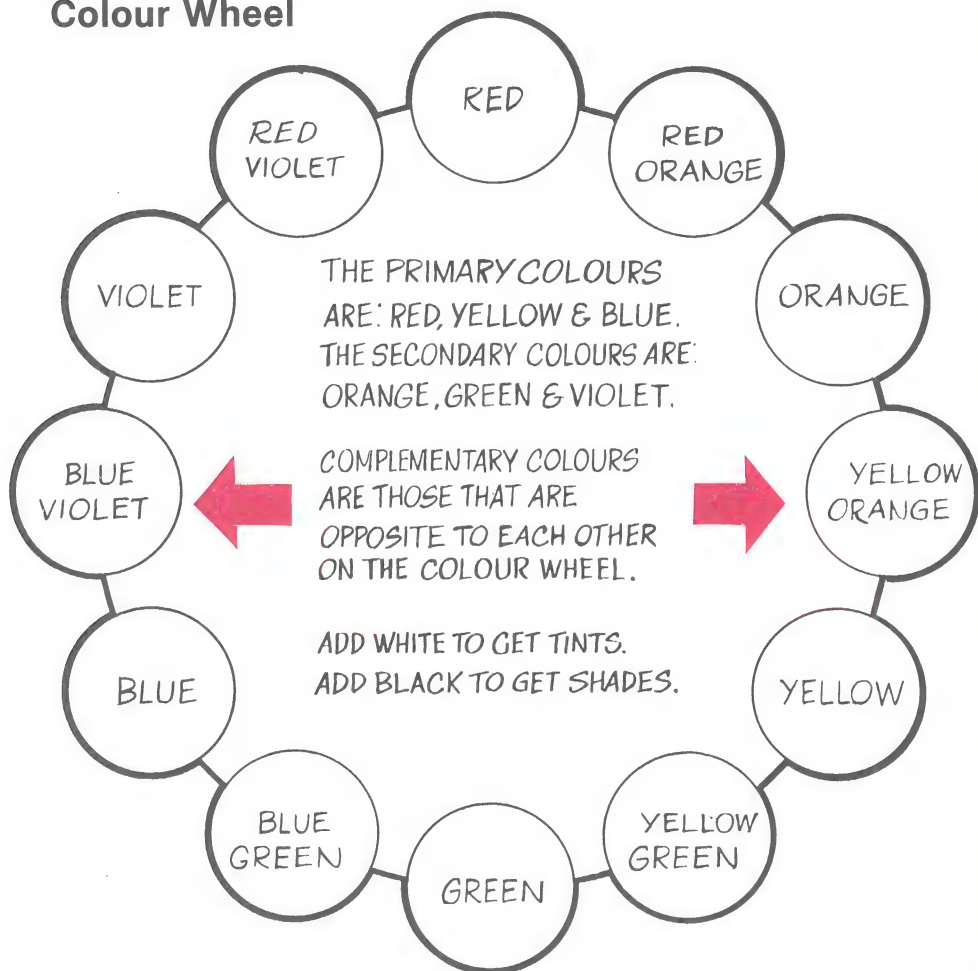
After a while you will forget it is a brush; it will become part of your hand.

Your picture should be framed.

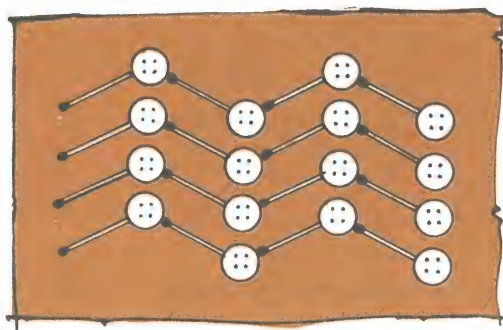
The reason for this is that a well designed frame will add to the beauty of the picture. You can buy frames to assemble yourself from your local hardware or chain store.



Colour Wheel



Patterns are part of everyday life. An artist will notice patterns in nature — for example, the arrangement of the veins in a leaf or the patterns made by the weathering of rocks.



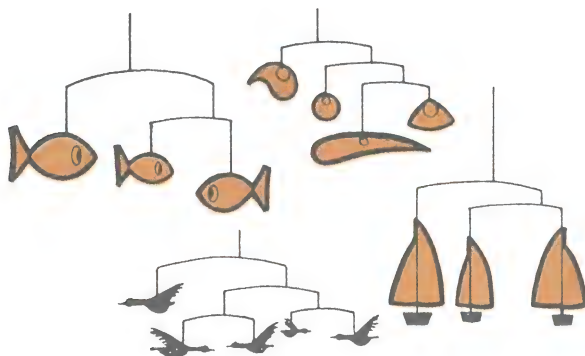
You can produce patterns from many things. Arrange a series of matches and buttons to form a pattern. In your school or local library you will find many helpful books on pattern making.

To draw a profile of your Dad or Mum you will need to practise quite a lot. Use a soft pencil.

A mobile is a piece of art which is constantly in motion; hence its name. There are no fixed rules in making mobiles, except that the materials used must be light enough to be moved easily by the slightest breeze.

The materials used for suspending the mobile shapes are split cane or fine wire which, while easily bent, will hold their shape. A wide variety of materials can be used for the objects which are hung from these: cardboard, balsa wood, table tennis balls, dried grasses, thin sheets of metal, glass, plastic or cork. Any shapes, or variety of shapes, can be used and they may be realistic or abstract.

The thread used for suspending these shapes from the wire can be ordinary cotton. However, nylon or fishing line is more durable and attractive.





It is fun making your own cards for Christmas or birthdays. You can do lino prints or cut paper designs. You may prefer to paint or use coloured pencils for your cards. Spatter work is good for making a number of Christmas cards.

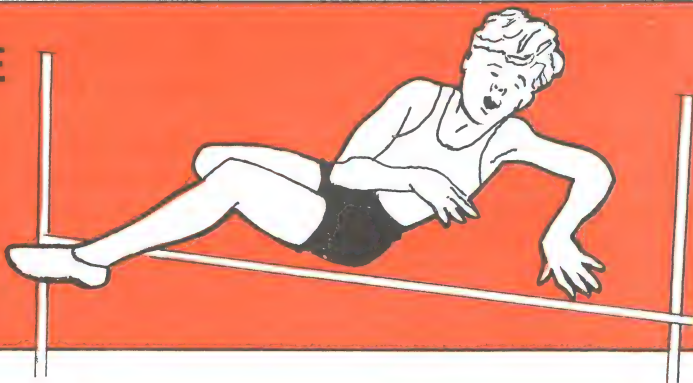
Modelling is a form of art. Perhaps you can name a world-famous sculpture.

If you are modelling in clay make sure you keep the clay moist. When you are having a rest, wrap a wet towel around your model and cover this with plastic sheeting. If your clay dries out before you have finished you will see cracks appearing in the wrong places.



You will be able to think up many more suitable materials for modelling. The word "plastic" in requirement number 7 means a material that can be easily moulded with the hands.

ATHLETE



INTEREST BADGE NO. 3

Are you a sprinter? Do you like doing the long jump or high jump? Perhaps you represent your school at athletics.

Many boys are keen on running and jumping, and strive to become good at athletics. Perhaps you would like to represent your country at an Olympic Games.

Some people are put off when they compare their performance with those of outstanding athletes. What you should be concerned with is improving your own performance. Keep asking yourself "Have I done better than the last time?"

You must work to improve your performance, but work can be fun when you really achieve something. There are many useful books which will help you to improve your performance — ask about them at your library.

In this Badge try to do better than the set times and distances. See if you can qualify for this Badge.

What to do

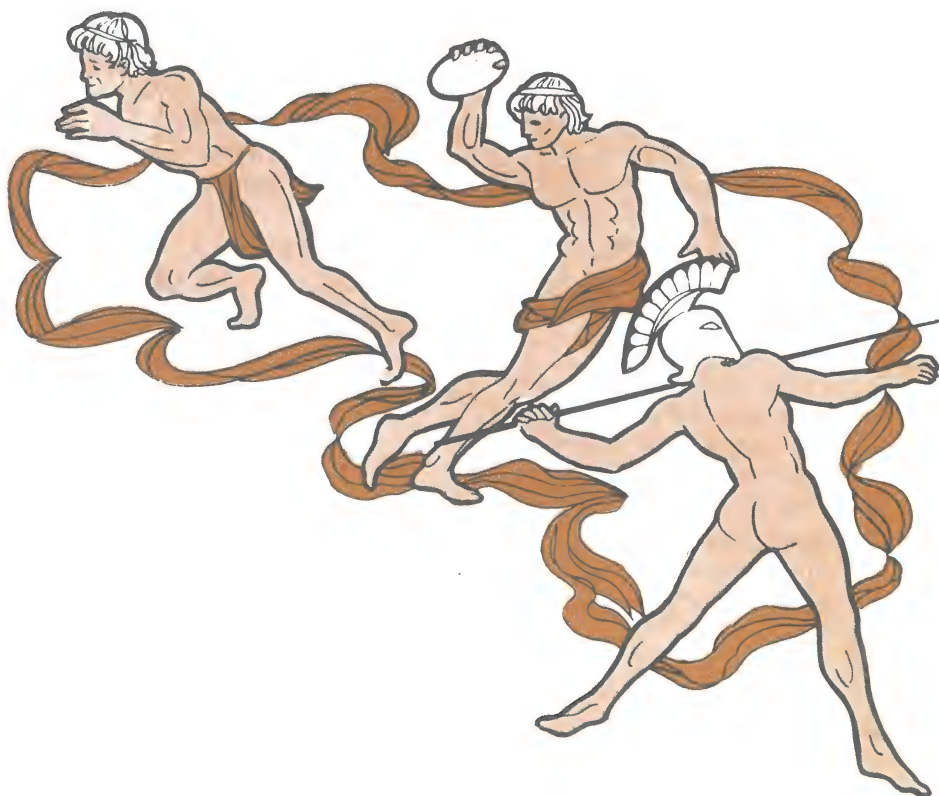
Do any FIVE of the following:

- ☐ (1) Run 50 metres in 8 seconds.
- ☐ (2) Long jump (standing) 1,7 metres.
- ☐ (3) Throw a cricket ball 37 metres.
- ☐ (4) High jump 1 metre.
- ☐ (5) Long jump (running) 3 metres.
- ☐ (6) Run 400 metres in 80 seconds.
- ☐ (7) Lie on your back. Hold your feet under something heavy to hold them down. Do 40 sit-ups.
- ☐ (8) Do 3 pull-ups on a bar and 10 push-ups from the ground or floor.

No.	Date	Examiner Sign Here	Entered on Chart

The earliest records of running events are those of the first Olympic Games which had their beginnings in 776 BC and continued until around AD 400.

The first of the modern Olympics was held in Greece in 1896.



Sprinting is when you run at your top speed, making full effort for the whole race. In distance running you do not run at top speed because you would run out of air too quickly.

The two distances in this badge are 50 metres and 400 metres. Find a book in your town or school library to help you with sprint racing. Look at a doorway in your house. It is probably about 1,9 metres high. The world record for high jumping is about 30 centimetres higher than that.

Everyone can spring a little bit and in high jumping you try to make best use of this spring by rearranging your body in the air so that the bar is not knocked. The best way to cross the bar is to get body, arms and legs close to the bar and feed yourself over, part by part, like a chain going over a pulley.

There are four styles of jumping — scissors, eastern cut-off, western roll, straddle. You will find out about these from books in a library or from your sportsmaster or athletic coach.

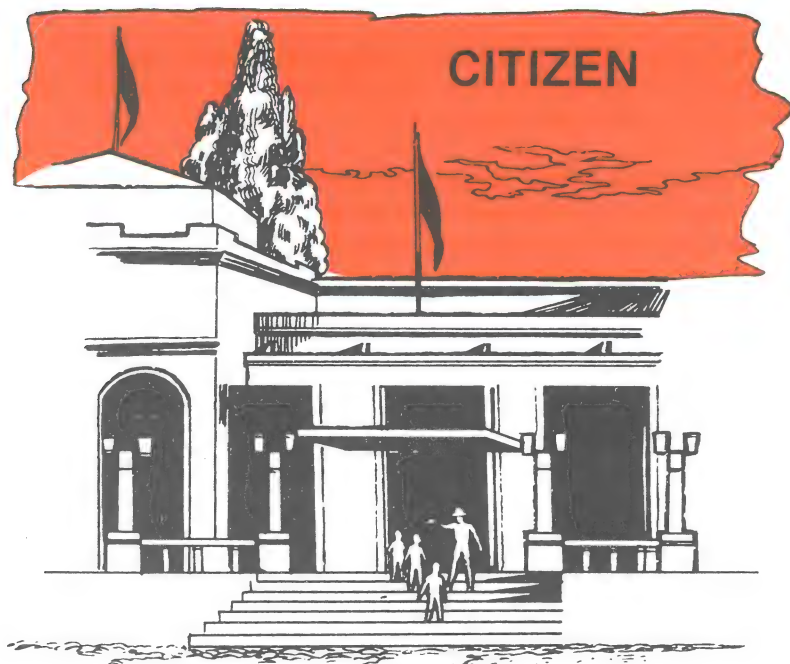
Broad jumping is also called long jumping. The world record long jump is nearly nine metres. Measure this distance to see how far it is.

A good running long jump has a number of features:

- the run-up or approach
- the take-off
- flight
- landing



Each of these must be done correctly to cover the greatest distance. Standing long jumps are used to test “explosive” power. This means that you do not depend on any run to build up speed but depend solely on your own muscles to push your body over the ground. Remember there are many books which can help you develop as an athlete — use them.



INTEREST BADGE NO. 4

As a Cub you have been learning how to be a good citizen. You have tried to think of other people before yourself. You have done good turns for people. Maybe your Pack has done a community good turn. Mum and Dad will be able to help you with some of the research you will have to do for this Interest Badge.

What to do

- ☐ (1) Know the names of your State President, and local Member of Parliament. List them in your notebook. Put in pictures of your national capital.
- ☐ (2) Know the background of two historical places (monuments, buildings, battlefields, etc.) in your area.
- ☐ (3) Explain why we have laws and why you think it is important to obey the law.
- ☐ (4) Do THREE of the following:
 - (a) Know and tell about a famous man or woman of your country. Explain why you think he/she was a good citizen.
 - (b) Name three organisations in your district, other than churches, which help people. Describe what one of them does.

- (c) Alone or with your Six do a Good Turn for a church, school, hospital, Old People's Home or Children's Home in your neighbourhood (only one required for the test).
- (d) List five people from anywhere in the world who are good citizens. Explain why you chose them.
- (e) Find out about another ethnic group in your area — the people, the language they speak, and something about their history and customs.
- (f) Tell why we have a Government. Describe three things the Government or the Municipality does for you and your family.

No.	Date	Examiner Sign Here	Entered on Chart
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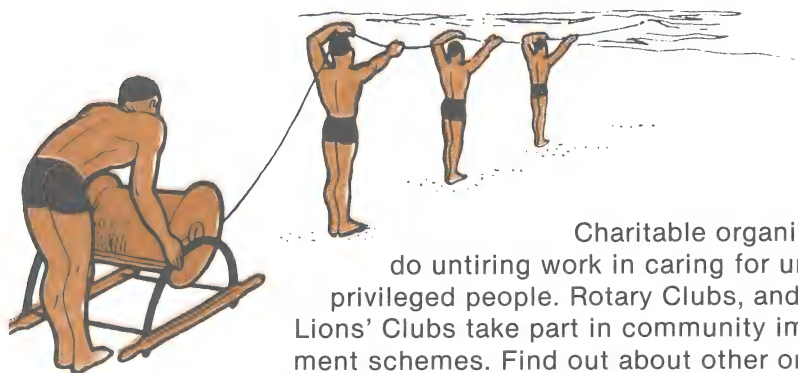


What does being a good citizen mean? Write down three things which you think make a good citizen:

1.
2.
3.

Some Cubs go to visit old people's homes and entertain them by singing or play-acting. Maybe your Six could collect toys and repair them and paint them to give to a children's home or hospital. The garden at your school or church may need weeding and tidying up; you could help in this work.

There are and have been many good citizens around the world — far too many to list in any book. One person you will have all heard of is Baden-Powell. You will have no trouble finding five good citizens, but don't forget to explain why you chose them.



Charitable organisations do untiring work in caring for under-privileged people. Rotary Clubs, and Lions' Clubs take part in community improvement schemes. Find out about other organisations which help people.

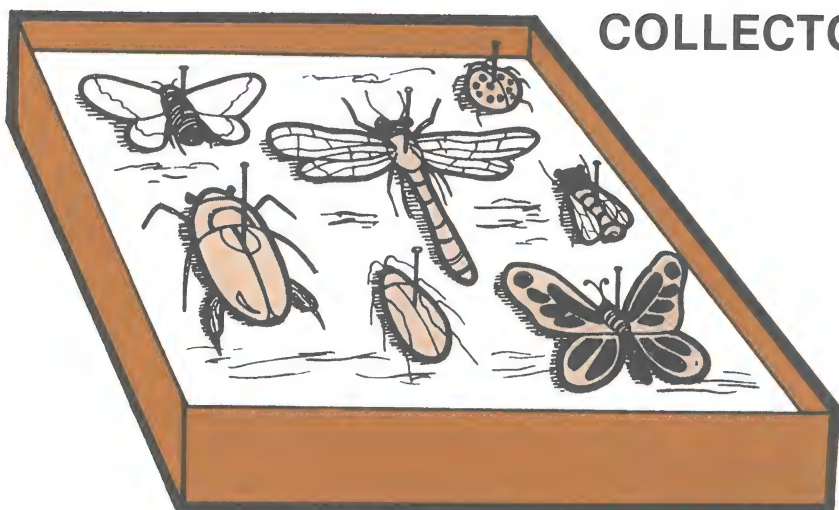
Now list three things which the Government does for your family:

1.
2.
3.

and list three things which the Municipality does for your family:

1.
2.
3.

Your parents will probably be able to help you with this Badge. You'll find it fun to go to the local library and find all the information yourself. Librarians are usually very ready to help.



COLLECTOR

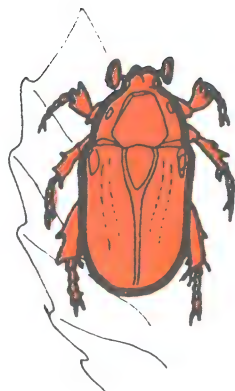
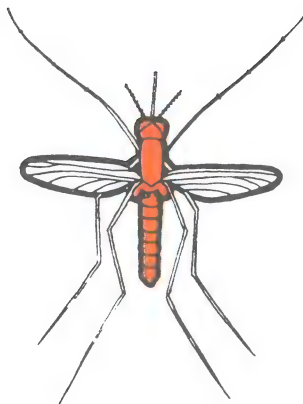
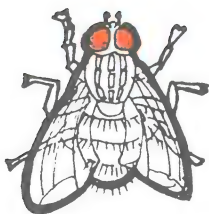
INTEREST BADGE NO. 5

Perhaps you have visited a zoo, a museum, art gallery or the botanical gardens. All these places have collections of one thing or another.

Did you notice that the items in these collections were named and grouped together? A collection is a lot of fun to have but it is more useful when similar things are grouped together. If you have a stamp collection for instance you keep it in a book and group the stamps together. Some people put all the stamps from the same country together; others group stamps according to what they are about. For example, those about sport go together and those about famous people go together.

What to do

- ☐ 1. Make a collection of one group of items over a period of six months. The collection may be an extension for a further six months of the collection made for the Collecting Badge (9-year-old Blue Badge) or Test 14 of the Leopard Cub Badge. The collection is to be classified, labelled, and neatly presented.
- ☐ 2. Be able to explain the classification used in the collection and to point out items of particular significance.
- ☐ 3. Talk about the value of making collections.
- ☐ 4. Read and talk about a book dealing with the subject of your collection OR a book written about collecting.

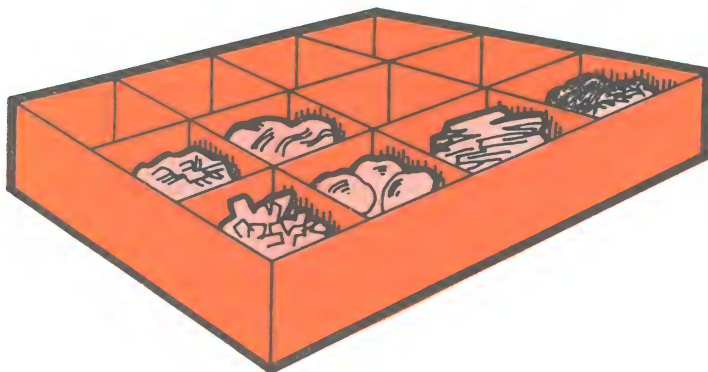


If you collected insects you would look for things they had in common to break them up into groups. Here are a few things:

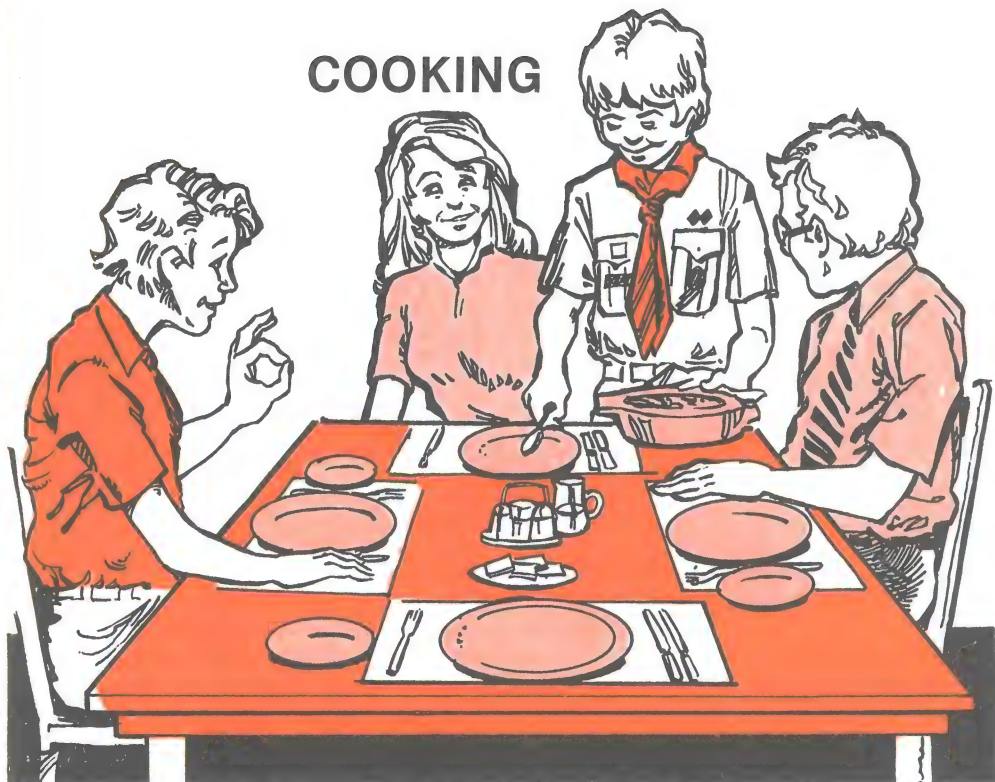
- some insects have only two wings
- some insects have hard outer wing cases
- some insects have two pairs of equal-sized wings and long bodies.

Your collection should be presented properly, and to do this you must mount it.

Rocks and minerals are usually glued on a board or placed in a box with compartments for each rock or mineral.



COOKING



INTEREST BADGE NO. 6

For your Lion Cub Badge Fires and Cooking Test you learned about cooking on a conservation stove out-of-doors. For this Badge you will learn to prepare a proper meal consisting of three courses, and you will also have to know how to dispose of rubbish and how to wash up and clear away after the meal. It will help a lot if you wash up and pack away as you finish using pots, bowls, etc. Then you won't have so much to do afterwards.

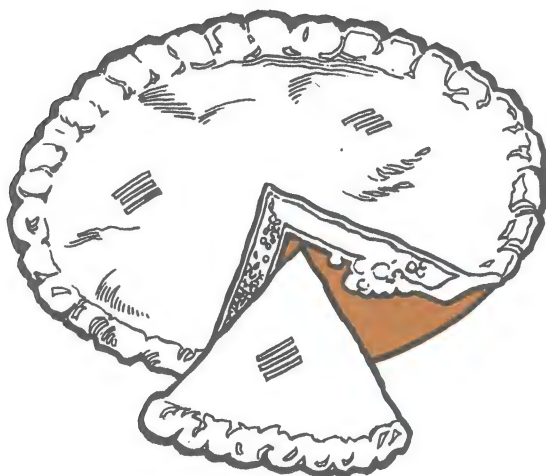
What to do

- ☐ (1) Know why you should wash your hands before preparing food.
- ☐ (2) Know the correct way to dispose of rubbish both at home and in the bush/veld.
- ☐ (3) Braai meat and potatoes properly over an open fire.
- ☐ (4) Prepare and cook the main meal and a hot drink for the family. Wash up and put away the dishes and utensils.

- ☐ (5) Do any TWO of the following:
- (a) prepare and cook scones, or a tart or a cake
 - (b) make some sweets, e.g. fudge, toffee, etc.
 - (c) make mealie meal or oats or mabela porridge, or putu
 - (d) make a stew of meat and vegetables.

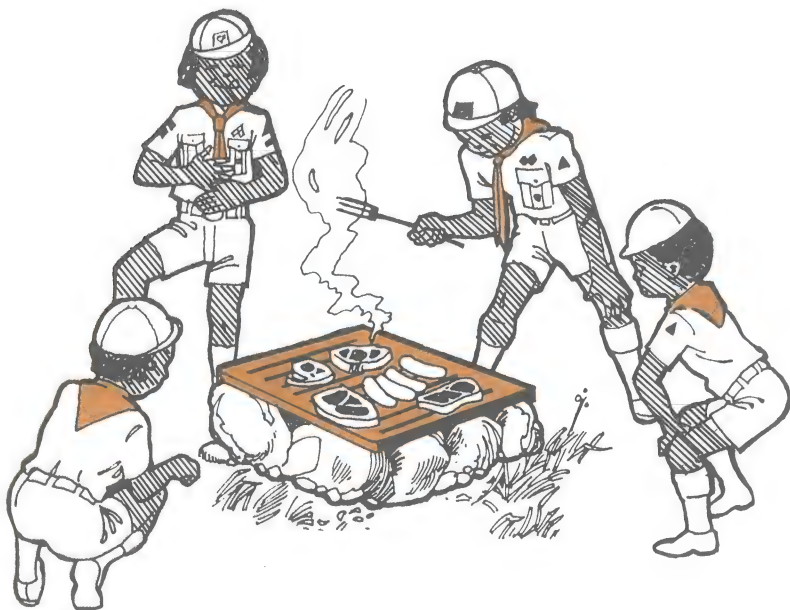
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Remember before you start, however, that preparation is important. Make sure your hands are always washed and that you are organised and have all the ingredients that you need. If you are working outdoors you should know how to properly dispose of rubbish and how to clean up your cooking area when you have finished.

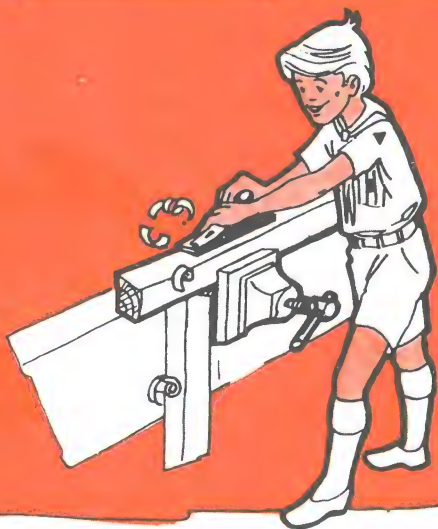




There are many cook books available which have excellent recipes. If you are really interested in cooking you should obtain your own copies of some of these as they will be most useful. If cooking outdoors you should find out about some of the different types of cooking fires and ovens which you can use. You should always make sure, however, that it is not against the law to use some of these.



CRAFTSMAN



INTEREST BADGE NO. 7

For many, many years wood has been used to make homes, boats, furniture and toys. Today we can buy lots of toys made of plastic or metal, but a wooden toy is very strong and pleasant to look at. In working for this Badge you will be able to make wooden toys and useful things for your home.

What to do

- ☐ 1. Using hand tools, make two wooden toys.
- ☐ 2. Make FOUR of the following items using appropriate tools: bookrack, shelf, note pad holder, toolbox, towel rack, bulletin board, recipe holder, tie rack, lamp stand, letter holder. Finish the articles by painting or staining or varnishing them.
- ☐ 3. Do any ONE of the following:
 - (a) Make a useful article from leather.
 - (b) Make a useful article from metal.
 - (c) Make a useful article from raffia or grass.
 - (d) Make a useful article from cane.

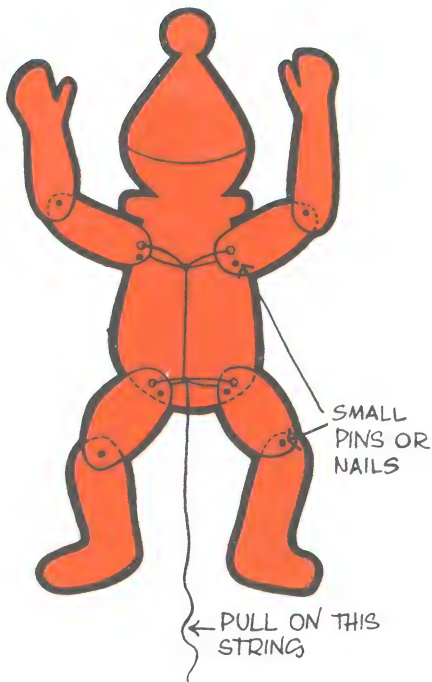
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THE JUMPING CLOWN

This jumping clown is made from wood, using a fret-saw. The pieces are threaded with string to make the clown jump. You can paint the pieces or stain them to make the clown attractive.

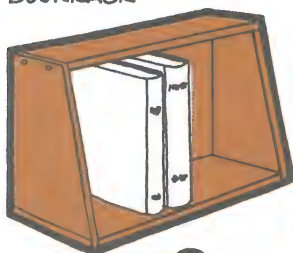
Draw the pieces on paper, transfer them to the wood, cut it out and paint or varnish it. The arms and legs should be attached with small nails.

Other simple toys to make out of wood are building blocks, trains and boats. You will find instructions on how to make these in any craft book in your local or school library.



You can choose any four of the items below. Remember to finish the articles by painting, staining or varnishing them.

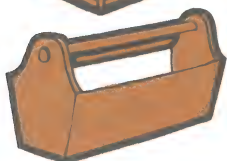
BOOKRACK



SHELF



LAMP STAND



TOOLBOX



WEATHER VANE



TOWEL RAIL



RECIPE HOLDER



NOTE PAD HOLDER

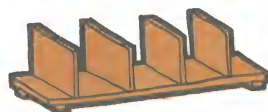


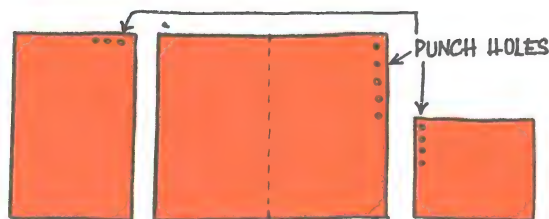
TIE RACK



BULLETIN BOARD

LETTER HOLDER



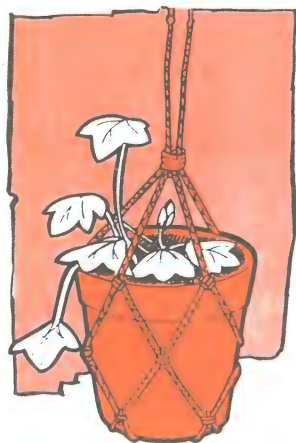


To do leather work you will need a punch and a sharp knife. This is the simplest type of wallet.



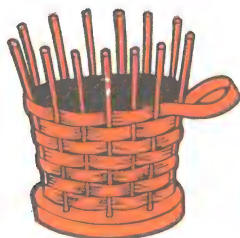
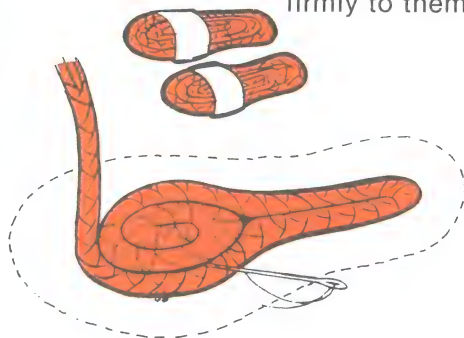
Copper is excellent for making something for your home. To make a copper ashtray you will need: tin snips to cut the copper sheet, a punch and hammer to make the design. A fine-cut file is used to smooth the edges.

When men were still living close to nature, they made almost everything from the plants around them. Raffia is still used to make useful and decorative articles.



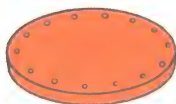
This plant holder is very easy to make.

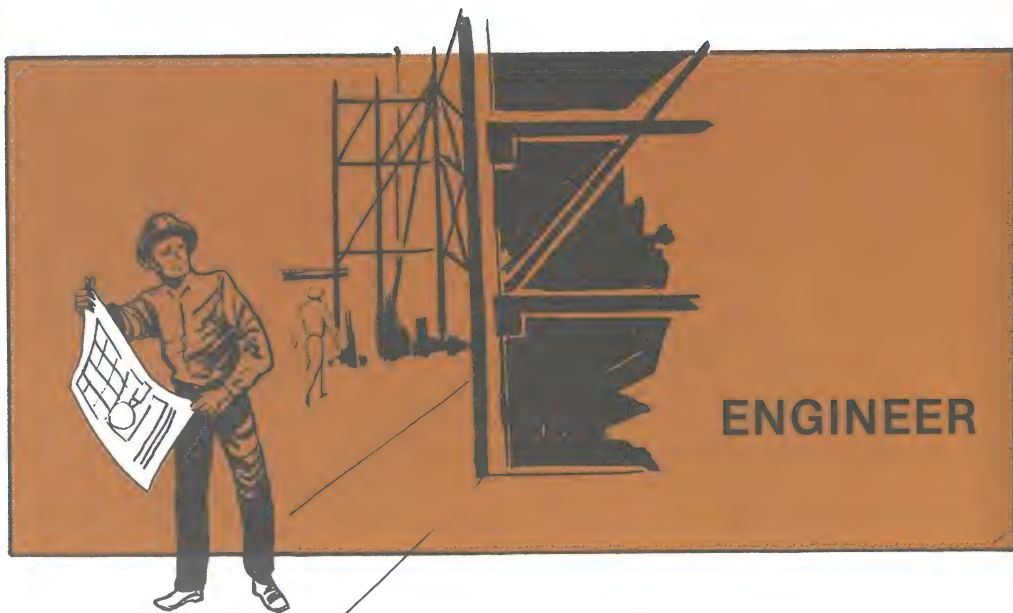
To make a pair of sandals, first plait a long length of raffia. Then stitch like this to form the soles, and sew the upper parts firmly to them.



You will be able to think of many useful articles to make from cane. Before using cane, you must soak it first.

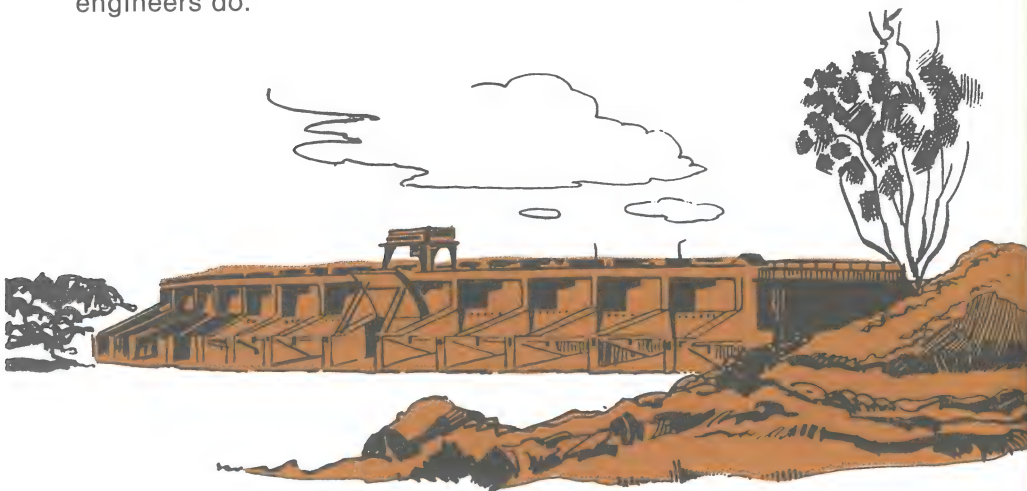
To make a tray you will need a wooden base and cane cut to the correct size.





INTEREST BADGE NO. 8

Perhaps when you grow up you would like to become an engineer. There are many sorts of engineers: civil engineers design buildings, roadways, dams and bridges; structural engineers plan structures which are made of concrete and steel; mechanical engineers design machinery; electrical engineers design generating and electrical equipment; aeronautical engineers design aeroplanes and gliders. In this Badge you will be able to do some of the things that engineers do.



What to do

Do any FIVE of the following:

- ☐ (1) List 10 different things that engineers do.
- ☐ (2) Visit a construction job (e.g. a building or a bridge). Look at the plans and explain in detail what you found out about the job (e.g. house being built). Get permission before your visit.
- ☐ (3) Measure the size of the block of land on which your house is built and draw a sketch plan of your block to scale, showing the location of all buildings.
- ☐ (4) Draw sketches of three different types of bridges and explain the sketches.
- ☐ (5) Build and demonstrate how a block and tackle works.
- ☐ (6) Draw a floor plan of your house including doors, windows and stairs.
- ☐ (7) Make a drawing of how electricity gets to your house.
- ☐ (8) Make a model of a famous dam or reservoir and find out as much as you can about it.

No.	Date	Examiner Sign Here	Entered on Chart

Surveying Land

A title deed is a paper describing the ownership of a piece of land. The diagram attached to it showing the extent of the land is drawn up by a surveyor. He marks the fixed points of the boundaries, sometimes with a pipe set in concrete. To measure the size of the plot on which your house stands, you will need a tape measure and you will need to know the location of your boundary pegs. Work out your own scale as you will be unable to draw your block of land full size.

After drawing a diagram of your plot of land, measure all buildings on the plot and draw them in to scale.

Floor Plan of your Home

Draw a floor plan of your home; include doors, which are drawn like this showing the way it opens.



Windows are drawn like this



Stairs are drawn like this



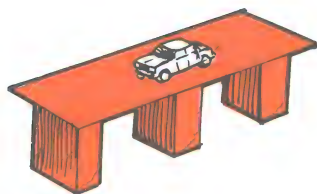
Bridges

The best way to learn about bridges is to study the way they are made. Then build models of them yourself just as engineers do. You can use bricks or wooden blocks and heavy paper.

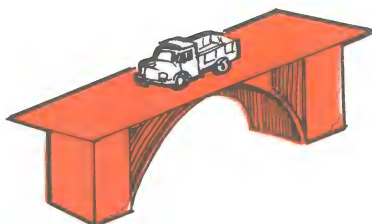
Start with a simple bridge. Set up two bricks and then place a sheet of heavy paper across them to span the "river" between them. What happens when you place your toy car in the middle of the bridge?



What can you do to hold up the middle? Putting another brick under the paper in the middle helps support it. This is called a pier bridge. By adding more paper and bricks as piers you can make the bridge as long as necessary.



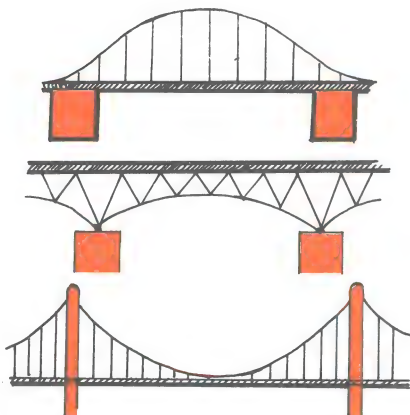
Bend a piece of heavy paper so that it forms an arch. Slip it in between the two bricks so that the top of the arch is level with the top of the bricks. Place a piece of heavy paper on top of it and the bricks. This is called an arch bridge. Does it hold more weight than the pier bridge?

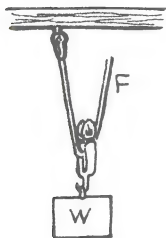


Engineers know about shapes and how much weight each one will hold up. Make a square out of four straws. Join the straws together by sticking a pin through them. Stand it up. Is it rigid or does it want to fold up?

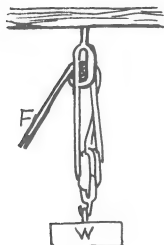
Make a triangle out of three straws. Does it twist out of shape? In building very long bridges, engineers use a whole row of triangles. These are called truss bridges and cantilever bridges.

Suspension bridges are the largest. You will find a drawing of one on the previous page.





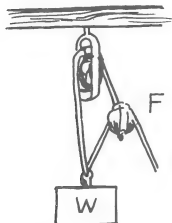
RUNNER



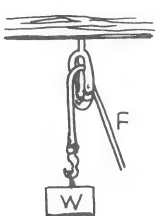
LUFF

Block and Tackle

A block and tackle is a set of pulleys and rope. It is used to lift heavy weights easily.

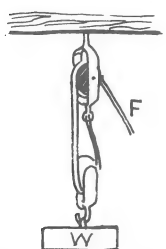


*SPANISH
BURTON*

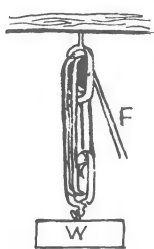


*SINGLE
WHIP*

The rope is threaded through the pulleys as shown. The load is divided equally on all parts of the rope. The heavy weight is moved easily. Only a small part of the force needed for lifting without tackle is used.



GUN TACKLE



TWO FOLD

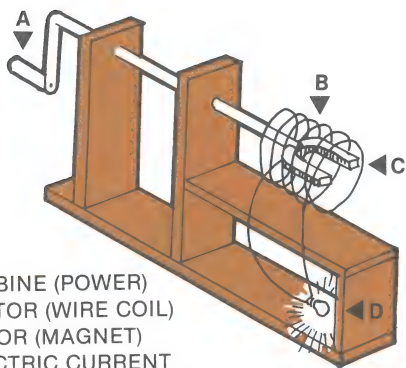
Get some small double and single pulleys. Rig them in the ways shown. Try each one. Decide which one has the greatest lift.

How electricity gets to your house

Electricity is made in a large plant called a power station. Find out which power station supplies your house with electricity.

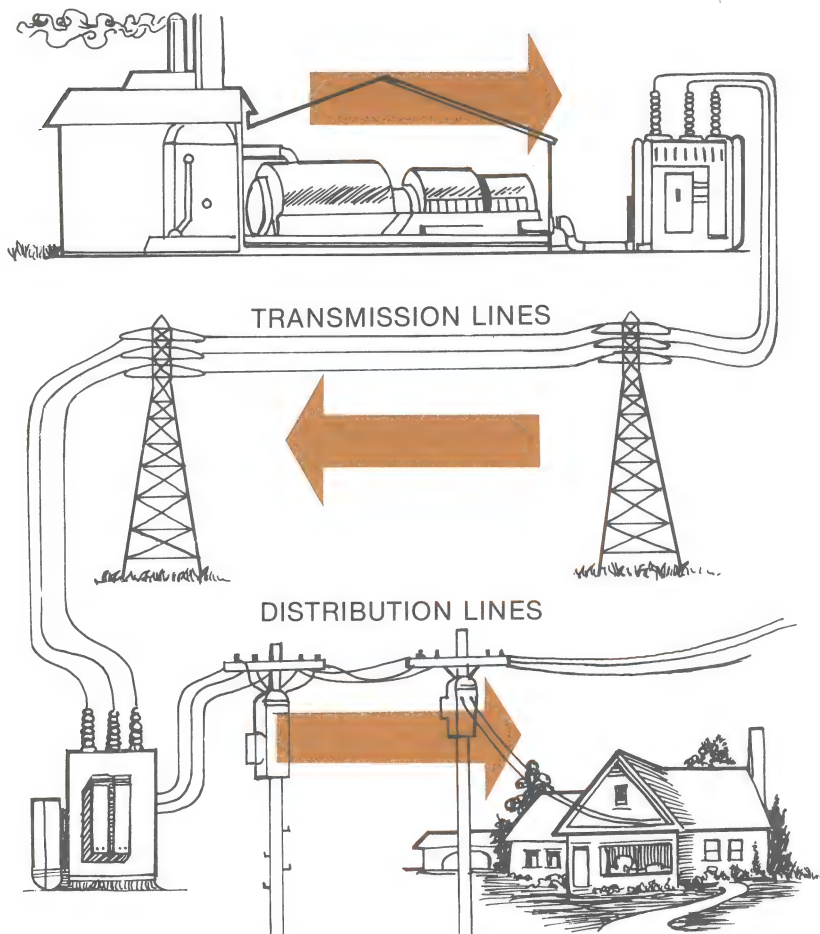
At the power station first water, steam, or other power turns a turbine very fast. Turbines are like giant waterwheels. They are spun around by water, steam, or other power. The turbine is connected to generators that also spin very rapidly. An English scientist called Michael Faraday discovered in the 19th Century that electricity can be made by breaking up a magnetic field. You can make a simple generator like this one in the sketch on the next page.

The generator makes electricity which moves along wires like water running through a pipe. The electricity must get to your home without too much leaking from the wires.



- A** TURBINE (POWER)
B STATOR (WIRE COIL)
C ROTOR (MAGNET)
D ELECTRIC CURRENT
 CREATED BY MAGNET
 SPINNING INSIDE COIL
 LIGHTS BULB, D.

So the voltage is raised at a transformer station near the power station from about 12 000 volts to about 220 000 volts or more. The high-voltage current is then carried along high tension transmission wires to your town. Here it is reduced in voltage to 220 volts by other transformers. Then it travels by lower voltage wires to your home.



FAMILY CAMPING



INTEREST BADGE NO. 9

We all love to go camping in the holidays. It is probably because we have such warm, sunny days in the summer months. If you go anywhere on the coast in summer you will find hundreds of people camping like those in the picture above.

Camping is a lot of fun and you can be as comfortable in camp as you are at home. Most campers use stretchers or air beds to sleep on, cook on gas stoves, use very bright gas lights and have coverings on the floor of their tent. In fact they live just as they do at home.

The tent is really your holiday house and it is the things you do that make camping fun; things like fishing, swimming, boating, hiking, surfing.

This Badge is for those Cubs who go camping with their families. You will find this great fun, as you probably already know most of the things to do.

What to do

- ☐ 1. Attend a camp under canvas or go on a caravan holiday with your family.
- ☐ 2. Pitch a tent with the help of one other person for a family camp.
- ☐ 3. List all the equipment necessary for a family camp.
- ☐ 4. Cook at least three meals at a family camp.
- ☐ 5. Help pack the car for a family camp.
- ☐ 6. Know the precautions to take when pitching a tent for camp.

- ☐ 7. Know the veld fire regulations for the locality in which you are camping.

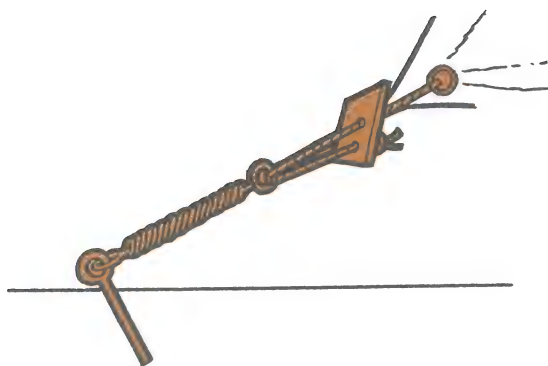
Note: A letter must be produced from a parent for Tests 1, 2, 4 and 5.

No.	Date	Examiner Sign Here	Entered on Chart
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You must pitch your tent correctly or rain will get in. If possible use a flat piece of ground. Do not pitch the tent directly under trees in case a branch falls from the tree.

Have all the pegs, poles and guy ropes ready. Unfold your tent and, starting at one corner, put in the pole and then steady it with the guys around tent pegs driven into the ground. Ask Dad to show you where to put the pegs. Now erect the other corners, then the poles in between and lastly the centre pole.



Some people use wire springs or pieces cut from an old car inner-tube to attach the guys to the pegs. This is because the rope shrinks when it gets wet. If you don't do this your tent may be pulled over or the pegs may be pulled out of the ground.

When you go camping you must remember to take everything you need. The best way to make sure you remember everything is to make a list of the things you need. Do this by listing under various headings.

Tentage

- 1 tent
- 9 tent poles
- 12 guy ropes (4 corner guys)
- ... and so on

Sleeping

- 5 stretchers
- 5 sleepingbags
- 5 blankets
- 5 pillows
- ... and so on

Cooking

- stove
- 2 gas cylinders
- 6 saucepans
- ... and so on



Swimming

.....

Hiking

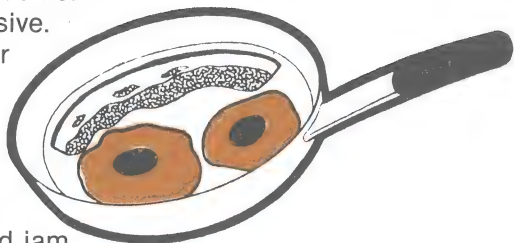
.....

Boating

.....

You may think of other headings.

All campers must be able to cook or camping becomes very expensive. Here are some suggestions for meals you could cook:



Breakfast Cereal
 Bacon and eggs
 Toast, butter and jam
 Tea or coffee

Hot Meal 1 Sausages
 Mashed potato, peas, carrots
 Tinned fruit and cream
 Tea or coffee

Hot Meal 2 Grilled chops
 Mashed potato,
 beans, pumpkin
 Ice cream and topping



Ask Mum to teach you how to cook these at home so that next time you go camping you can pass this part of the Badge.

To pass Test 5 of this Badge you will have to help Dad pack the car for your camping holiday.

Cubs are always helpful and Dad will be so pleased if you help.

When you arrive at the camping spot there are certain precautions you must take. For instance, you should know the veld fire regulations and build your fire in a safe place. In the spaces below write down four more precautions:

1.
2.
3.
4.

FIRST AID AND HEALTH



INTEREST BADGE NO. 10

One day, your ability to stay calm in an emergency may mean saving someone's life. Your job will be to give the **first** bit of aid or help, to see the victim is breathing and to stop any bleeding. The most important thing is to find someone to take over the job. As soon as possible find the nearest adult, and contact a doctor. Here are some hints on how to help a victim, but remember you are NOT the doctor.

What to do

- ☐ 1. Show that you clearly understand:
 - (a) the limitations of your knowledge as a First Aider
 - (b) the importance of summoning adult help in the case of accidents
 - (c) how to activate the Emergency Medical Services in your neighbourhood.

OR

Know and explain how and where to obtain help in the case of an emergency.

- ☐ 2. Know and show how to control bleeding:
 - (a) by direct pressure with the finger or hand
 - (b) by means of an improvised pressure bandage.
- ☐ 3. Explain and show what you would do in the case of an accident victim who has stopped breathing. This includes the Heimlich manoeuvre for inhaled food.
- ☐ 4. Explain the principles of a balanced diet. Write down four items of food under each of the following three headings: animal protein; vegetable protein; carbohydrates.
- ☐ 5. Explain two dangers to health in each of the following:

- (a) smoking
- (b) drinking alcohol.

☐ 6. Know and show how to give help to a child who appears to have drowned.

No.	Date	Examiner Sign Here	Entered on Chart
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As a First Aider, the main job of a Cub or Scout is to start emergency treatment such as mouth-to-mouth artificial respiration if the victim has stopped breathing, and to stop severe bleeding. A Cub who knows how to start artificial respiration, and how to stop bleeding, can very well save a life.

But once emergency treatment has been given, adult help must be obtained as quickly as possible.

If you are not alone send someone else for help immediately.

Mouth-to-mouth Respiration

The importance of maintaining an open airway, and of applying mouth-to-mouth artificial breathing has been explained fully in the Lion Cub Badge Test No. 5 on Pages 22 to 27 of this book.

How to call the Emergency Medical Services in your area is also explained there.

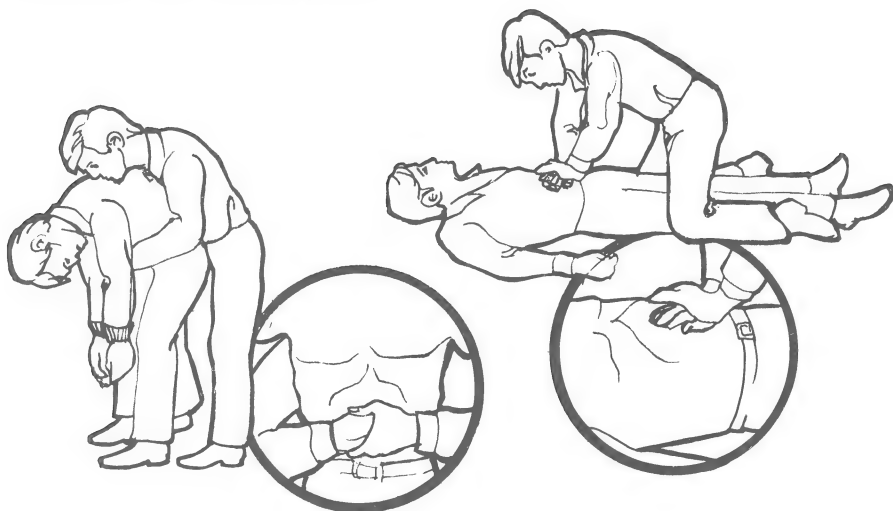
Turn back and refresh your memory.

Inhaled Food (the Heimlich manoeuvre)

Occasionally a person may be eating and may suddenly take a deep breath. The rush of air down the airway may lodge a chunk of food in the airway.

The person will clutch at his throat, start trying to cough, and will struggle for breath. His lips and tongue will turn blue. He will not be able to speak. If you do not act at once, the person may die.

HEIMLICH MANOEUVRE



Stand behind the victim, or kneel beside a victim on the ground. Circle your arms around his stomach. To find the right place, follow the rib margins to where they meet in the centre of the chest and place your fist in that angle. Squeeze hard. This manoeuvre, called the Heimlich manoeuvre, will usually force air out of the lungs and dislodge the obstruction.

Sometimes food lodged in the airway can be forced out by hitting the patient smartly between the shoulder blades with the palm of a hand.

BLEEDING

Severe bleeding from any part of the body can be frightening. But if the bleeding is not stopped fairly quickly then the injured person may possibly die. A Cub does not lose his courage if he sees an accident victim bleeding badly. He knows that he must act at once.

Firstly, you must check that the injured person is **BREATHING**. If breathing has stopped, then this must be attended to first, no matter how bad the bleeding may be. Don't waste time looking for cloths or bandages, or a first-aid kit.

No matter how ugly or painful the wound may appear, the bleeding can be stopped by **PRESSING FIRMLY** on the bleeding point with a thumb or fingers.

SEVERE BLEEDING

BAD BLEEDING CAN USUALLY BE STOPPED BY PRESSING YOUR HAND HARD DIRECTLY ON THE WOUND.

The flat of the hand can be used on a large wound. Don't worry about making the wound dirtier. Hospitals are well prepared to deal with the dirtiest wound.

Keep pressing on the bleeding point with your thumb and fingers until you have made an improvised pressure bandage.



Your handkerchief or scarf will make a good improvised pressure bandage. Otherwise, your belt, socks, underpants, or a torn-up vest or shirt will do. You may use a bathroom towel or a kitchen towel if available. Any bandaging material will do. Do not waste time.

If you are alone, you can remove your thumb and fingers from the bleeding point for about 30 seconds. If you have nothing else, whip off your shirt and tear it into strips about 75 mm wide. Gently but firmly apply a small cloth pad directly on to the bleeding point. Firmly tie the pad in place with strips around the part. Do not tie the bandage too tightly. If you see blood seeping through the pressure bandage, apply another pad and bandage over it. If this doesn't work, use your thumb and fingers again. Usually a firm pad and bandage will stop most bleeding, and you will have saved a life.

If the patient is breathing normally, and the bleeding has stopped, you should then call or send for help. Then you can treat him for shock. You will learn how to do this when you are a Scout. Never leave the injured person alone.

SMOKING

Smoking will shorten your life. There's not one single good reason to start smoking. A person who smokes cigarettes can never be as healthy as a person who doesn't.

The diseases caused by smoking do not appear until later in life. So young people may believe that it is safe or "smart" to start smoking.

Tobacco smoke contains a drug called nicotine, and people can very easily become hooked on this drug. It is a powerful addiction and extremely difficult to give up. Tobacco smoke also contains tars. It is these tars that cause lung cancer and bronchitis, which is a chronic infection of the tubes in the lungs.

Even worse is a disease called emphysema. Because of the irritation of the tars, and the constant coughing, the lungs develop a mass of little dilated air-sacs (or holes). If the lungs are full of dilated air-sacs, the person cannot breathe properly. That's why older men who have smoked for many years often fight for breath when they climb stairs.

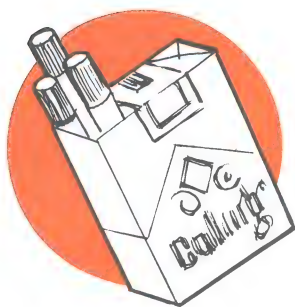


ALCOHOL

If excessive amounts of alcohol (beer, wine, whisky, vodka, cane spirits, etc.) is drunk every day, then in time the brain, liver, and heart will be permanently damaged.

People who drink too much cannot work and think properly. They become irritable and aggressive, and always feel sorry for themselves. They may lose their jobs and their friends.

Drinking too much is an addiction to the drug, alcohol. Throughout the world there are millions of hopeless alcoholics who, at one time, all thought that a few drinks would not do them any harm.



But apart from the permanent mental and physical damage that alcohol causes, even a few drinks have bad immediate effects. A careful driver may become careless. A quiet person may become loud and unpleasant. A timid person may get into fights. Drunken driving causes many deaths on the road.

Do not be misled into thinking that alcohol is not a deadly and dangerous drug. Your health and life may depend upon your healthy fear of alcohol.

DROWNING

The ways to maintain an open airway and to do mouth-to-mouth respiration have been described earlier in this book.

If you see a child lying in a swimming pool, and he appears to be lifeless, do not give up. There may still be a chance of saving the child's life.



- If you can swim well enough, do not run or shout for help. Take the child to the surface of the water as quickly as possible.
- As soon as the child's mouth is above the surface, and BEFORE you start swimming to the edge of the pool, tilt the child's head backwards, take a deep breath, seal your lips on the child's open lips, and force two or three deep breaths into the child's lungs. Repeat this as often as possible while you are struggling towards safety. Once you are on dry land, immediately lie the victim down and start mouth-to-mouth artificial breathing. Do not give up until an expert grown-up tells you that you may stop.



BALANCED DIET

The food you eat should do three things:

- Build your body and keep it in repair.
- Give your internal organs — liver, spleen, and others — what they need to run smoothly.
- Provide the fuel for the energy you need for what you do.

Unfortunately, the majority of the people in the world do not have enough money to buy the proper foods. Their only food may be a staple such as bread, potatoes, rice, or mealie meal. These are all good foods, but they must be supplemented if a person is to keep alive and healthy.

Other people have enough money to buy food, but they do not know about a balanced diet. Staple foods must have added to them a portion of animal protein. A well-balanced diet will always have green-leafed vegetables, fruit, and raw tomatoes. These supply the essential minerals and vitamins.

Animal Proteins

Milk	Cheese
Skimmed milk	
Meat and poultry	
Eggs	Fish

Vegetable Proteins

Beans	Peas	Nuts
Oatmeal	Barley	
Mealie meal	Rice	
Potatoes	Bread	

Carbohydrates

Mealie meal	Potatoes	
Cassava	Rice	Sugar
		Bread



FOUR BASIC FOOD GROUPS



MILK GROUP

MILK, CHEESE,
YOGHURT
Every day

OR

MEAT GROUP

MEAT, FISH, POULTRY,
DRIED PEAS, BEANS,
LENTILS

Two or more servings a
day



OR

EGGS

At least two or three a
week



VEGETABLE-FRUIT GROUP

CITRUS FRUITS AND
TOMATOES

At least one serving a
day



OR

LEAFY GREEN AND
YELLOW VEGETABLES
At least one serving a
day



OR

OTHER VEGETABLES
AND FRUITS

Two or more servings a
day



STAPLE GROUP

BREAD AND
PORRIDGE
Once a day



GEOLOGIST

INTEREST BADGE NO. 11



A geologist is a person who studies rocks and minerals, and who is interested in fossils and the history of the earth. Geologists know where and how to find ores used in the production of metals and how to find fuels like coal and oil. Geology is an interesting and fascinating study. If you know something about rocks and minerals, land formation and volcanoes, there is always something of interest to look at no matter where you go.

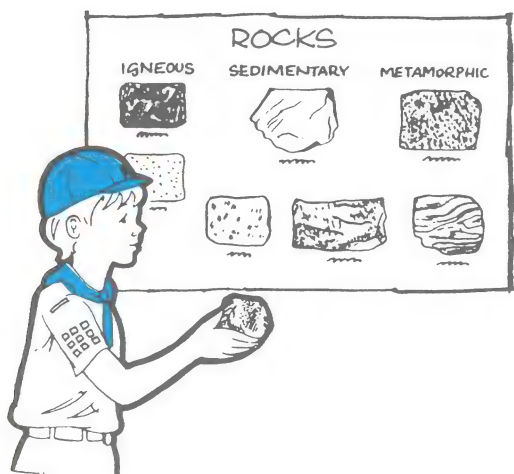
What to do

Do any FOUR of the following:

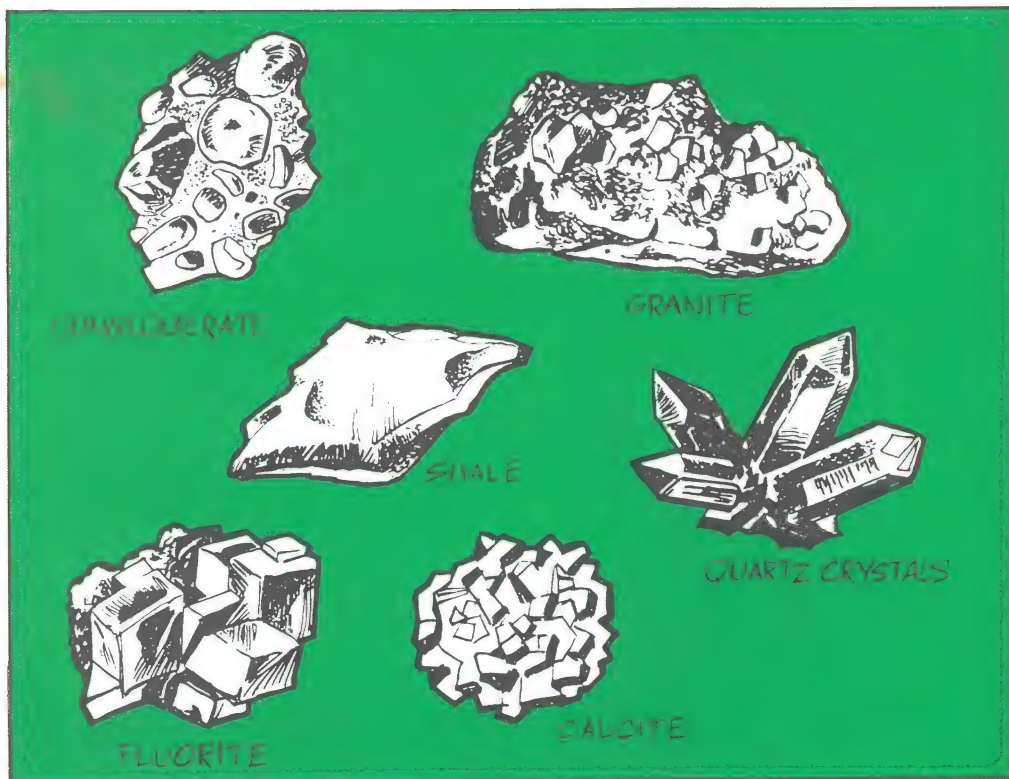
- ☐ 1. Give an example of a rock or a mineral which is used in the production or manufacture of the following: a metal, glass, jewellery, material for road building and a fertiliser.
- ☐ 2. Collect five geological specimens that have important uses for man.
- ☐ 3. Make a scale of mineral hardness using things found at home. Show how to use the scale by finding the relative hardness of three samples.
- ☐ 4. List some the geological materials used in the construction of your home, your town hall, or your school.
- ☐ 5. Make a drawing to show the causes of a volcano, a geyser, and an earthquake.

- ☐ 6. Find in your locality a dyke, or a nek, or a fault, or rock platform, or a tied island
- ☐ 7. Explain one way in which mountains are formed.
- ☐ 8. Make a collection of 10 small pieces of different semi-precious stones found in Southern Africa. Label them with their correct names.

No.	Date	Examiner Sign Here	Entered on Chart



The best place to start looking for rocks and minerals is in your own neighbourhood. Pick up some rocks and look closely at them. You will need a book on rocks and minerals to help you name the specimens you find. Ask your Pack Scouter or librarian to help you. Rocks fall into three main groups — sedimentary, igneous and metamorphic. Find out what these terms mean.



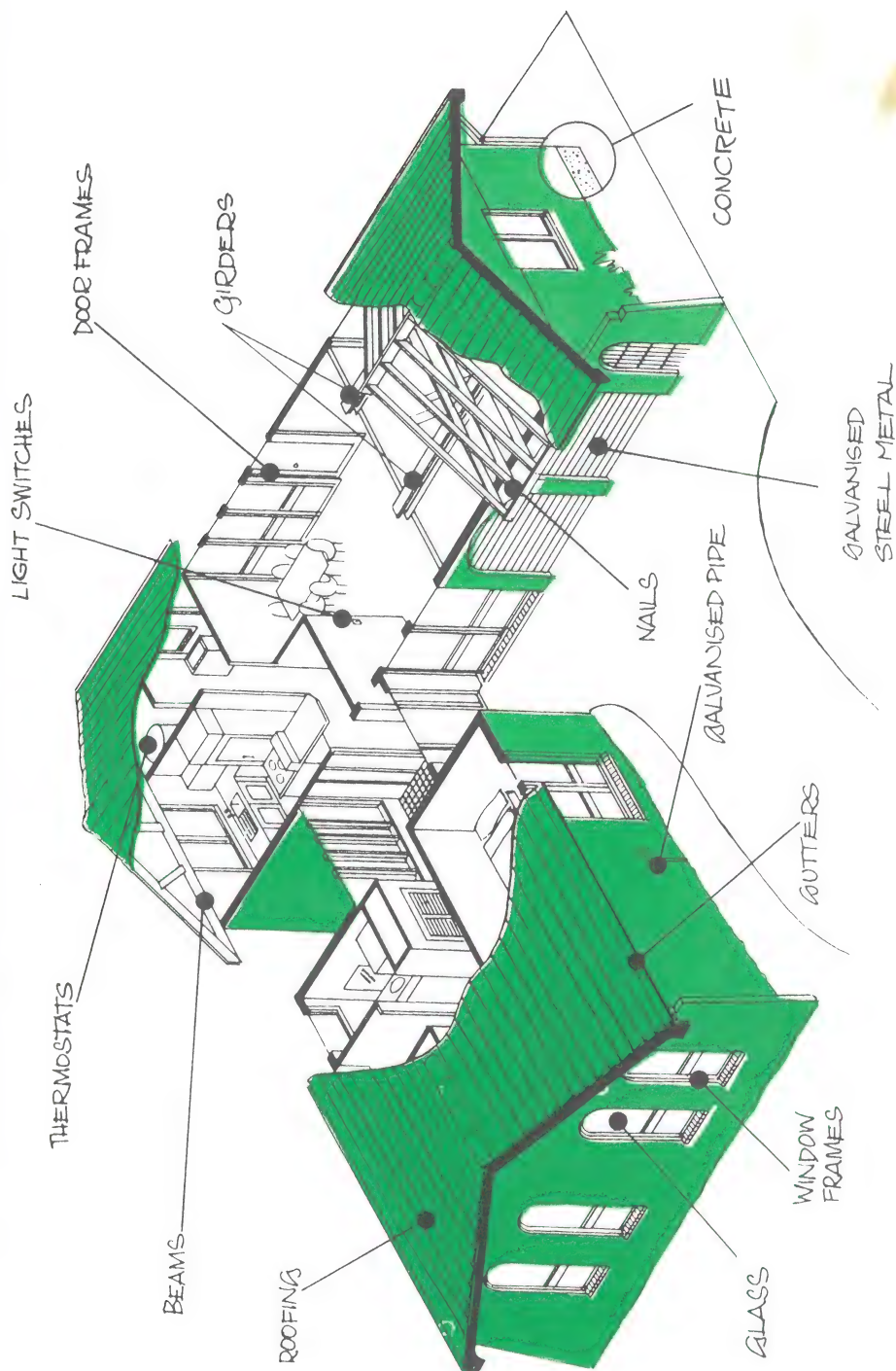
A mineral looks a little like a rock but the main difference is that a mineral contains only one substance whereas a rock is a collection of minerals. Granite is a rock and contains quartz, which has a glassy appearance and feldspar which is a pink or white mineral. Granite also contains a number of dark-coloured minerals.

Many minerals are important because they provide us with useful materials.

The mineral bauxite is the ore from which aluminium is made; galena is an important source of lead; quartz is one of the substances used in making glass; diamonds, sapphires and rubies are minerals which are also precious stones.

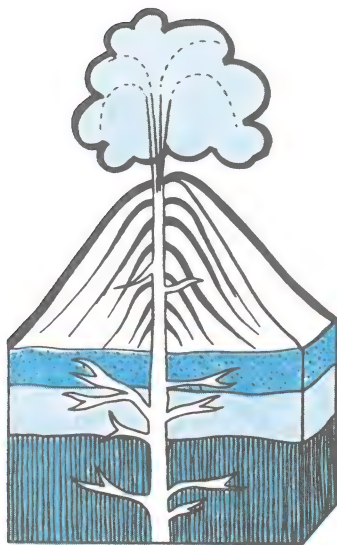
Because minerals are so important, geologists have worked out a number of ways of identifying them. One test used is to find out how hard a mineral is.

Try to arrange your collection of minerals in order of hardness. A very soft mineral is easily scratched with your fingernail. One a little harder is scratched by a copper coin. A steel knife blade would be needed to scratch a fairly hard mineral and a piece of glass for one harder still. It takes a very hard mineral to scratch glass.



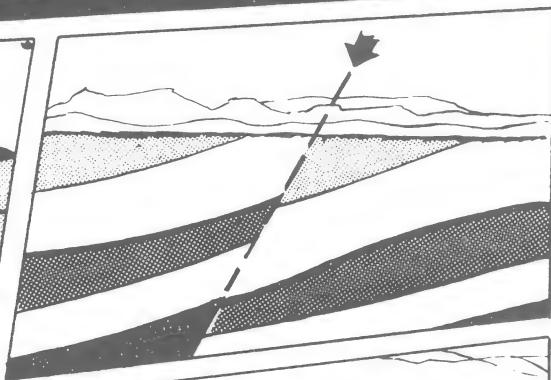
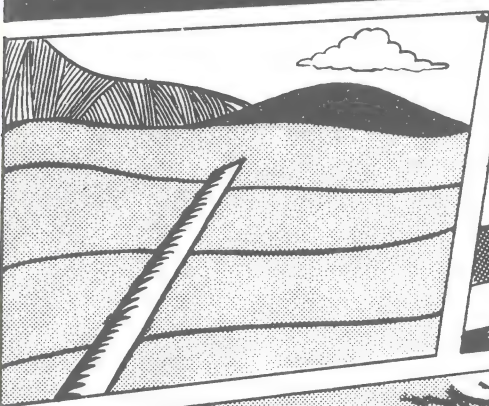
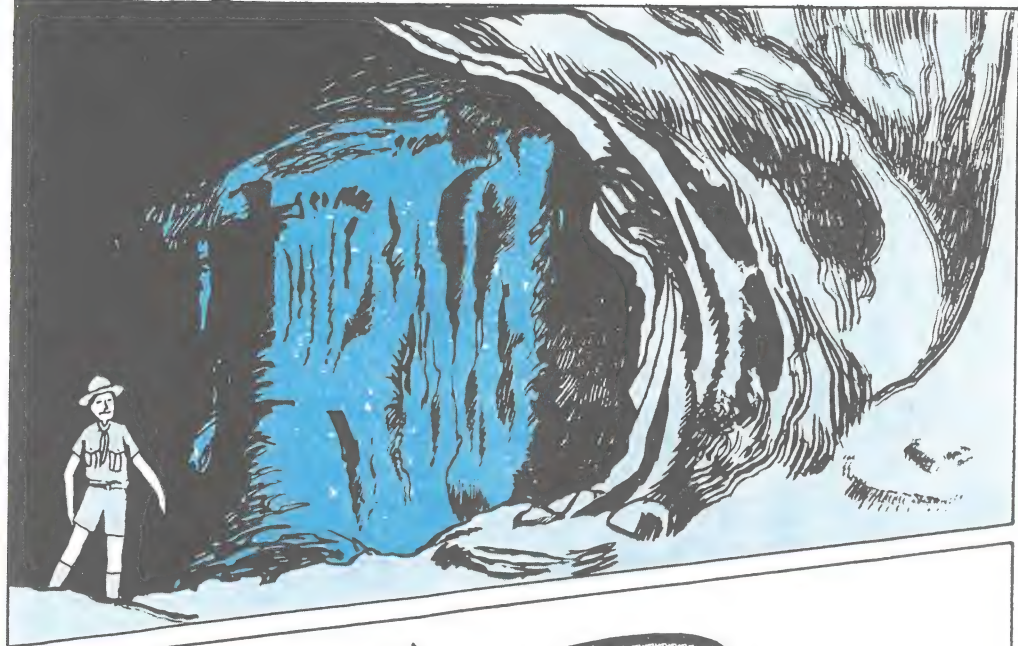
Many things from the earth are used in building. Clay is used in making tiles, bricks and earthenware pipes. Some houses have roofs of slate. Sandstone, basalt, granite and limestone are common rocks used in buildings. "Blue metal" used in concrete is often basalt or dolomite, while cement itself is made from clay and limestone. Even the glass in the windows is made from materials obtained from the earth. Can you find out what they are?

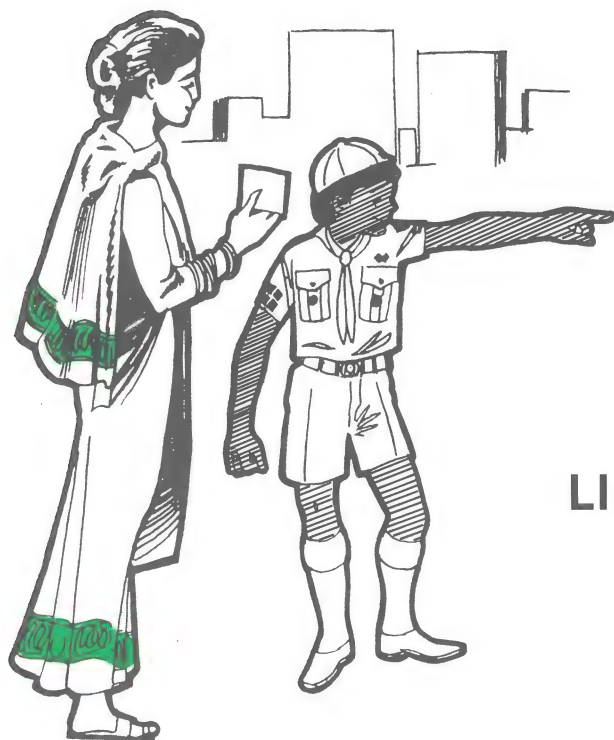
You will have to go to a book to find out how volcanoes, geysers and earthquakes are caused. Try your school library.



Volcanic action, large-scale earth movement and erosion are chiefly responsible for mountain formation. Perhaps you can find out more about the processes of mountain building.

In the pictures at right are examples of a dyke, a tied island, a fold, a cave and a fault. Can you place the correct name on each picture?





LINGUIST

INTEREST BADGE NO. 12

Many people who live in Southern Africa have come to live here from other countries where they do not speak English. When these people arrive in Southern Africa it is often very difficult for them to ask directions or to go shopping. This Badge tells people that you are able to help them.

Perhaps you came from another country and at home you speak to your parents in your native language.

What to do

Carry out the following tests in any language (including English, Afrikaans, and German) other than in your home language:

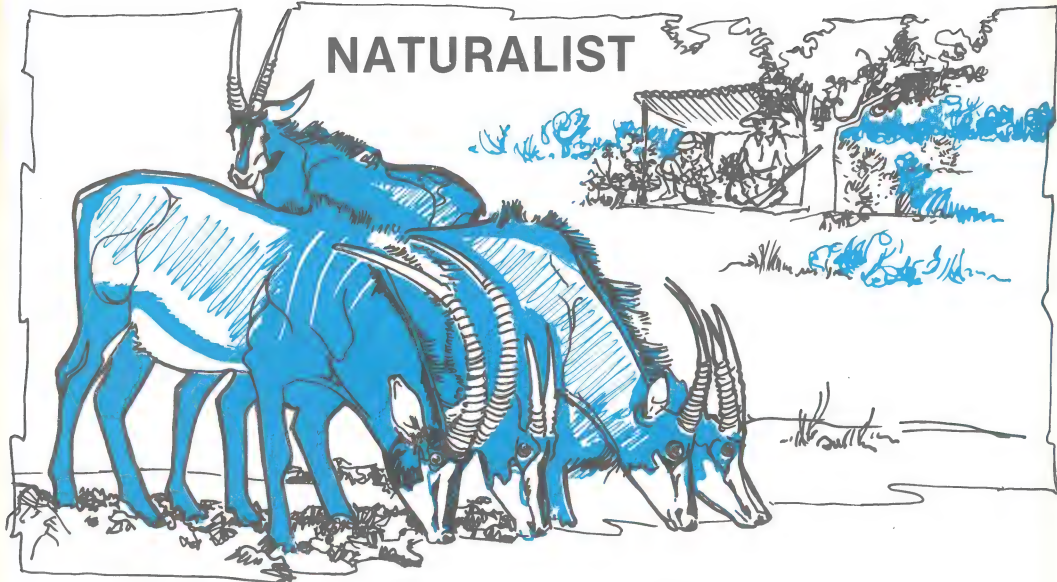
- ☐ 1. Carry out a conversation for ten minutes.
- ☐ 2. Write a letter of at least 100 words to the examiner.
- ☐ 3. Translate in your own time, and with the help of a dictionary, an easy passage from a book or magazine.

No.	Date	Examiner Sign Here	Entered on Chart
1			
2			
3			

If you are from another country and have learned only English and Afrikaans since you arrived here to live, and perhaps still speak to your parents in your own language, you may take this Badge test in English or Afrikaans. Perhaps your home language is English or Afrikaans but you have learned a foreign language at school or in your spare time. Or perhaps your home language is Zulu, or Xhosa, or Tswana, or one of the other indigenous languages and you learn English and Afrikaans at school. For this Badge you must use a language that you don't normally use at home.



NATURALIST



INTEREST BADGE NO. 13

Do you know the best way to find out about living things? Do you know how naturalists find out about living things? They have found that the best way to study living animals is to observe them in their natural surroundings.

Naturalists have lived in the jungle with gorillas and chimpanzees to see how much they could find out about these animals. The important thing is that they found out facts for themselves, using their own eyes, and did not depend on what somebody else said or wrote.

In this Badge, if you are really interested in animals, you can observe various types of animals for yourself, in your own home and district.

Remember, it is what you find out for yourself that is important.

What to do

Do any FOUR of the following:

- ☐ 1. Keep a "zoo" of insects such as ants, grasshoppers, crickets or praying mantises for four weeks.
- ☐ 2. Set up an aquarium or terrarium and keep it for four weeks using fish, plants or animals you have collected.
- ☐ 3. Make a migration chart showing the pathways followed by migratory birds that visit Southern Africa.
- ☐ 4. Observe six animals (birds, fish, reptiles, amphibians, or mammals) in their natural habitat. Describe the place where they were seen and what they were doing.

- ☐ 5. Visit a museum of natural history or zoo and find out the purpose of the place visited and the things collected.
- ☐ 6. Know the names of important Game Reserves and explain why they exist. Name some of the animals found in the Game Reserves.
- ☐ 7. Draw (or trace) and colour three animals which are not found in any continent but Africa.

No.	Date	Examiner Sign Here	Entered on Chart

Keeping an insect “zoo” is an attempt to keep the insects in conditions as natural as possible. An empty fish aquarium will make an ideal container. Put your insects in after you have spread soil on the bottom. Add some plants or rocks so that the “zoo” resembles the place where the insects were found.



Don't forget

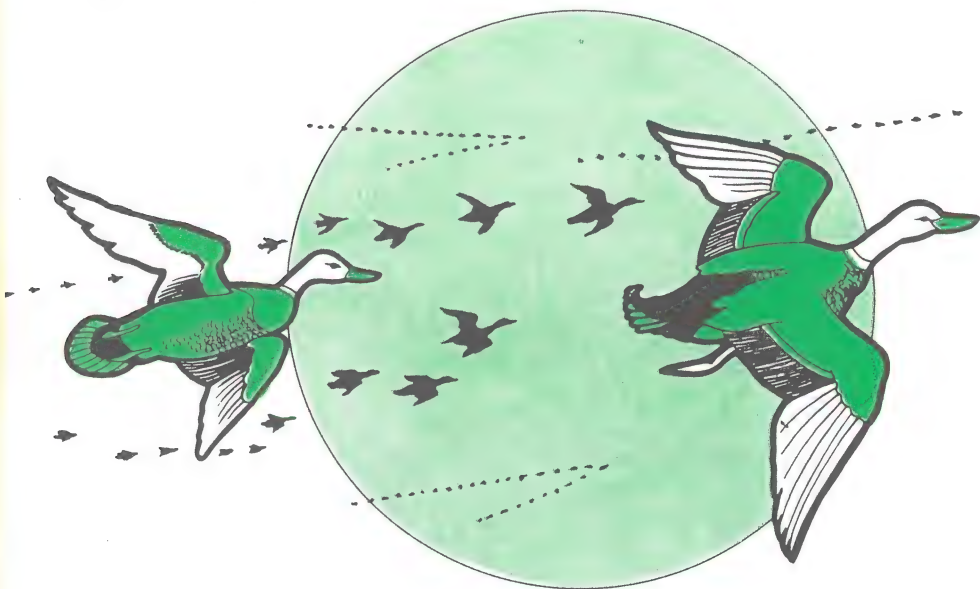
- food — use the plants on which the insects were feeding.
- water — but note that not all insects drink water. Many obtain it from their food.

Cover your container so the insects cannot escape.

Now watch your "zoo" closely and see how much you can learn.

Keeping an aquarium of fish is fun. Fish are interesting to watch, especially if they produce young.

If you intend keeping fish make sure you obtain a good book on the type of fish you are going to have. Goldfish are fun to keep but tropical fish are more interesting. However, equipment for tropical fish is quite expensive. Watch the fish closely and make your own observations.



Did you know that even today with all our scientific knowledge we do not really know how migratory birds find their way over great distances?

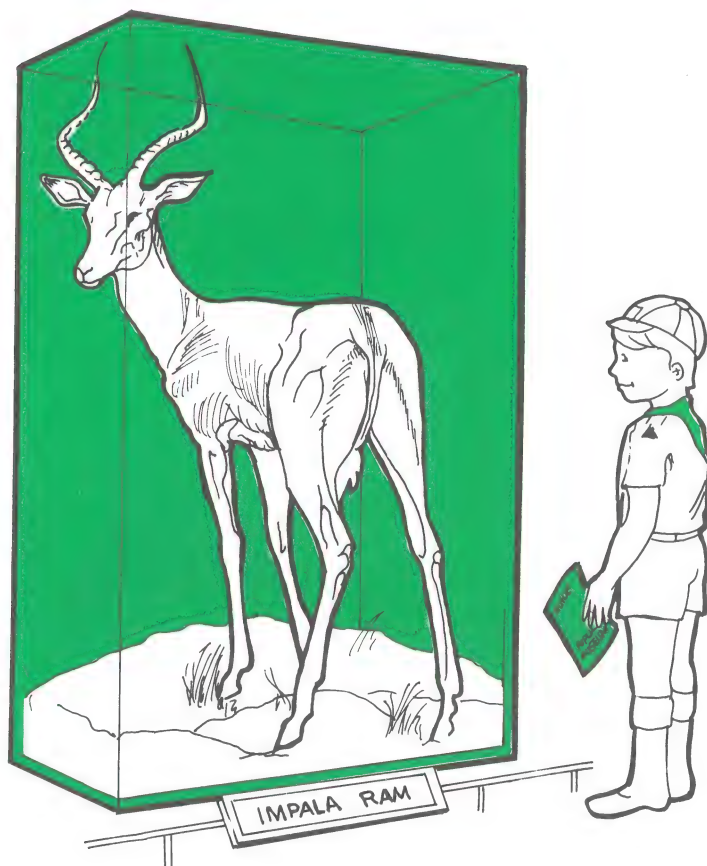
Do you know what is meant by migration? If you don't, look the word up.

Before migrating, birds build up stores of energy in the form of fat just under the skin. Some birds can fly continuously for up to 30 hours. The Arctic Tern, a bird about 35 centimetres long, migrates a distance of 16 000 kilometres.

Some of the migratory birds that visit Southern Africa are:

- Greater Striped Swallow
- Sanderling
- Curlew Sandpiper
- Greenshank

See what you can find out about one of these or any one of the other migratory birds.



In the big cities of Southern Africa you will find museums concerned with natural science. These are places set aside for the preservation and study of animals, plants, rocks, minerals, fossils and many other things.

Natural science museums employ people who are interested in particular types of animals. Do you know what an ornithologist is? Or an entomologist? Look them up in the dictionary.

Museums are very interesting and fascinating places to visit. If you have never been to a museum ask Akela or your parents to take you.

Zoos differ from museums, in that museums keep preserved animals and fossils of animals, while zoos keep living animals. At the zoo you can learn a lot about the appearance of animals from many parts of the world. Unfortunately, because we did not practise conservation in the past, some of these animals are dying out. One day they may only be found in museums and zoos. In doing your drawings try to be very accurate and to colour carefully.



OUTDOORSMAN



INTEREST BADGE NO. 14

The early settlers had to be very good outdoorsmen. They found their way through unknown country to settle, build houses and grow crops.

Many of the early settlers would have died had they not learned about the bush and the veld.

What is an outdoorsman?

An outdoorsman is a man who can live in the veld away from home. He knows how to find his way in unknown country. He can build a shelter to sleep in at night. He knows how to live off the land, catching the animals he needs for food.

A good outdoorsman does not need a compass to find his way. He looks at the things around him and can tell compass directions from what he sees.

What to do

Do any FIVE of the following:

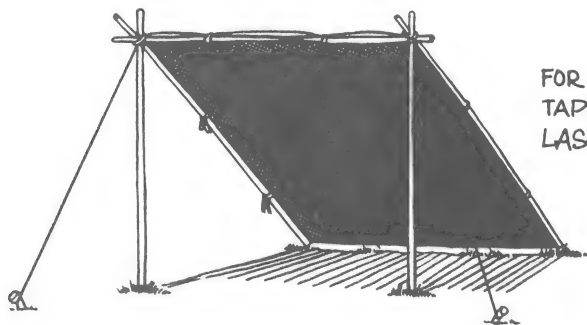
- ☐ (1) Make a backyard tent and sleep in it for at least two nights in summer in your own or a friend's backyard.
- ☐ (2) With your Pack, plan and participate in an outdoor evening activity which includes a campfire.
- ☐ (3) Cook some meat over an open fire with no other equipment than a knife and a box of matches.
- ☐ (4) Describe to the examiner the preparations required for a one-day hike, e.g. arranging transport, cost, adequate and suitable clothing, footwear, food, first-aid kit, etc.
- ☐ (5) Explain the danger of fire in the bush or veld and demonstrate how to construct a safe cooking fire.
- ☐ (6) Know the regulations relating to making fires in the open in Forestry Reserves, Wilderness Areas, etc.
- ☐ (7) Find and identify the tracks of an animal or bird.
- ☐ (8) Explain how to find your way in the bush or veld without a compass.

- ☐ (9) Demonstrate how to purify water and render it fit for drinking.

Note: A letter from your parent or from another adult is necessary for Test 1.

No.	Date	Examiner Sign Here	Entered on Chart

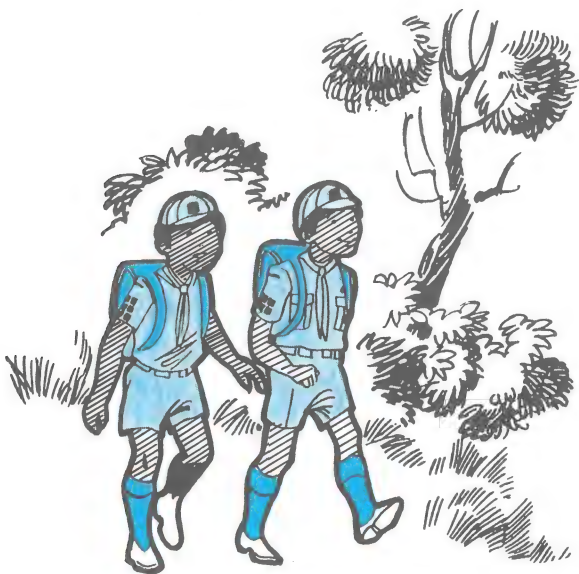
You, as a ten-year-old Cub, will be looking for adventure, and in this Badge you are sure to find it. It'll be great fun making your own tent or shelter of ground sheets, blankets or plastic sheets and actually sleeping in it, allowing a friend to enjoy it with you. Whatever method you choose, see that your shelter is secure — the wind may come up during the night — it might even rain! — so you must be sure your shelter will be secure and safe from the elements. You could ask your Dad or elder brother to advise you how to set about making the tent or shelter.



FOR LEAN-TO, TARP IS
TAPED TO FRAME OF POLES
LASHED TO TWO UPRIGHTS

The easiest way to make a backyard tent is with a tarpaulin. One type of tent you can make is called a lean-to. The picture above shows how to make it.

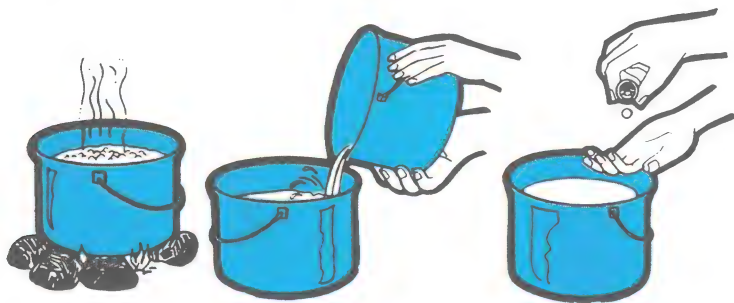
You, as a “senior” Cub, can help plan something really exciting with Akela for the whole Pack to do one night — a wide game, perhaps, made more exciting with the use of torches and finishing up with a well-planned and prepared campfire.



When planning a one-day hike, a good Cub lists everything necessary and ticks them off as he prepares each item. You can make the list from Test 4 of the requirements for the Badge.

Safe water is important in camp and on hikes. Here is a simple way to purify water if you are not certain it is safe to drink:

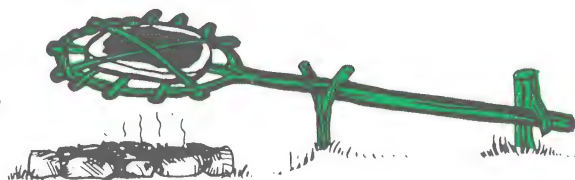
1. boil it for 5 minutes
2. cool it
3. pour from one pot to another to aerate it
4. Use water purifying tablets
bought at a chemist shop.



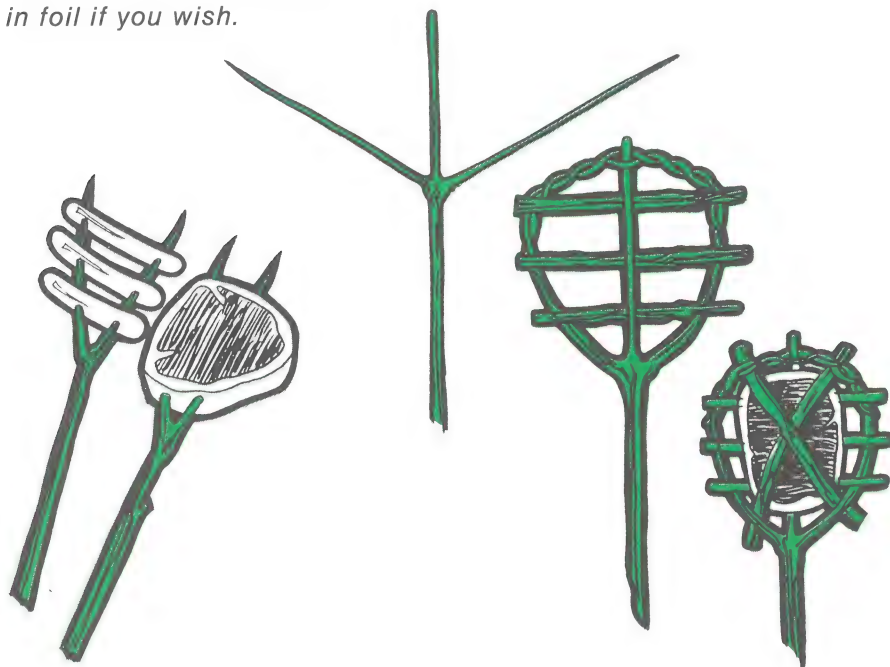
Fire in the bush or veld usually spreads very quickly, destroying trees, bushes, animals and other living things in its path. This is why it is so important to take special care to extinguish a fire completely with water and sand to prevent it flaring up after you have gone home.

In Southern Africa we have many "smoke-free" zones where no fires may be made. You should know the regulations in your area and observe them strictly.

Here are some simple cooking "gadgets" you can make and use when cooking in the veld.



Put your meat straight into the red coals to cook. You may like to throw a potato or two into the hot coals as well, wrapped in foil if you wish.





Tracking birds and animals is interesting. Bushmen and outdoorsmen know a lot about animal and bird tracks. Animal tracks can be kept permanently, as shown in the drawings on this page.

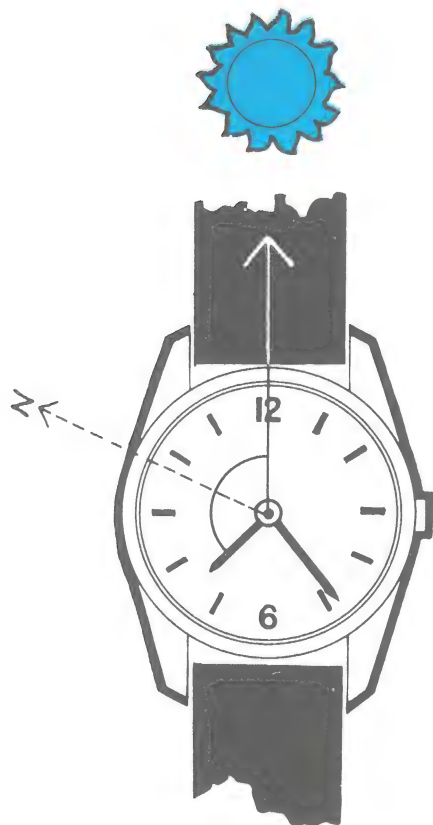
Here's what to do:

1. Make a ring from a strip of cardboard by pinning or sticking the ends together.
2. Place the ring around a clear track.
3. Mix plaster of paris with water to make a smooth batter.
4. Pour this mix into the track and cardboard ring.
5. Leave the plaster to set firmly.

Remove the cardboard ring and dust the plaster lightly to remove any dirt. You will then have a negative print (see diagram 3).

Ask Dad or your examiner to explain what this means.

You will then want to make a positive print (see diagram 5), and here again Dad or your examiner will help you.



You should be able to find compass directions without a compass.

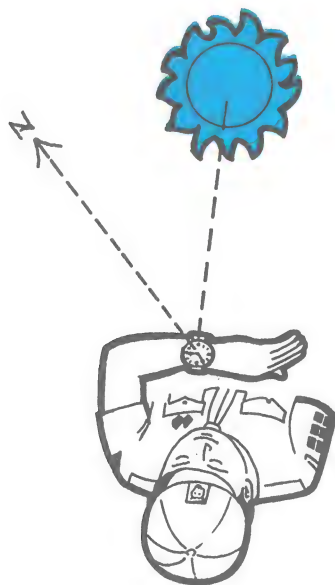
This may sound hard — but it's not, once it's explained to you.

Here is one method using a watch:

1. Point the "12" on your watch at the sun.
2. A line halfway between 12 and the hour hand is approximately North.

Try to find out other ways.

Here is one to work on — finding south using the Southern Cross.



RELIGION AND LIFE



INTEREST BADGE NO. 15

In your Promise you undertake to do your Duty to God. Apart from being expected to show to the rest of the Pack how much a part of your day-to-day living your Promise has become, this Badge will help you to understand your own religion more clearly and teach you the necessity for becoming a regular, serving member of your church, synagogue, mosque, etc. Your minister, rabbi, etc. will be most willing to help you earn this worthwhile Badge.

What to do

The Tests for your religion can be obtained from your Area Headquarters. Ask Akela to help you get them.

SCHOLAR



INTEREST BADGE NO. 16

Here is a Badge for the Cub who likes reading books. We depend a lot on books to teach us about the world we live in and the peoples around us. Books also help us to learn more about our hobbies and sports.

What to do

Do any FOUR of the following:

- ☐ (1) Produce a list of at least 6 books, varied in their subject matter, you have read in the previous year, and name the authors. Satisfy the examiner that you have read them all and tell the examiner, in your own words, the stories of three of them chosen by yourself.
(The books must be of a reasonable standard, taking your age into consideration.)
- ☐ (2) Show that you can use a dictionary, encyclopaedia, and other reference books.
- ☐ (3) Read aloud a piece of prose chosen by the examiner.
(The reading must be of a reasonable standard, taking your age into consideration.)
- ☐ (4) Show that you can find a book in a library using the library catalogue.
- ☐ (5) Show that you understand how to care for books, make repairs to loose covers, loose pages and torn pages.
- ☐ (6) Explain how books in a library are classified.
- ☐ (7) Visit a library, meet the librarian, and find out how books in the library are classified.

Note: A letter must be produced from a librarian for Tests 4 and 7.

No.	Date	Examiner Sign Here	Entered on Chart

In writing out the list of books you have read it is best to do it like this:

Author	Title	Publisher
Reed, A. W.	S.A. Folklore fables and legendary tales	Smith, Cape Town
Jones, E. C.	The first book of Camping	Watts, New York

There are certain books used by nearly all readers; they are called *reference books* because we *refer* to them. You cannot usually borrow these books from the library but you may use them in the library. These books explain word meanings and give examples and information on many different things.

The two most common types of reference books are:

- dictionaries
- encyclopaedias of various types



Very likely you already have a dictionary and perhaps you also have a set of encyclopaedias in your home.

Do you know how to use a dictionary and an encyclopaedia? If you don't, ask your parents or your teacher to show you.

Libraries contain many hundreds of books, and in really big libraries like the National Library in Cape Town, there are thousands and thousands of books. A big problem in libraries is knowing exactly where every book in the library is to be found. A catalogue is used for this purpose.

A catalogue consists of a lot of cards in drawers, one card for each book in the library. On the card is the author's name, the title of the book, the publisher, where and when the book was published. The most important thing on the card is its number, which usually appears on the top right-hand corner. Many libraries use the Dewey system and the number is known as the **Dewey** number or **call** number.

The Dewey number is often used only for non-fiction books. Each part of the number tells you something about the book. Melvil Dewey, who invented the system, divided knowledge into ten main groups. The numbers start at 000 and go to 999. For instance, the first main group goes from 000 to 009. Next he divided these main groups up into smaller groups by adding two more numbers.

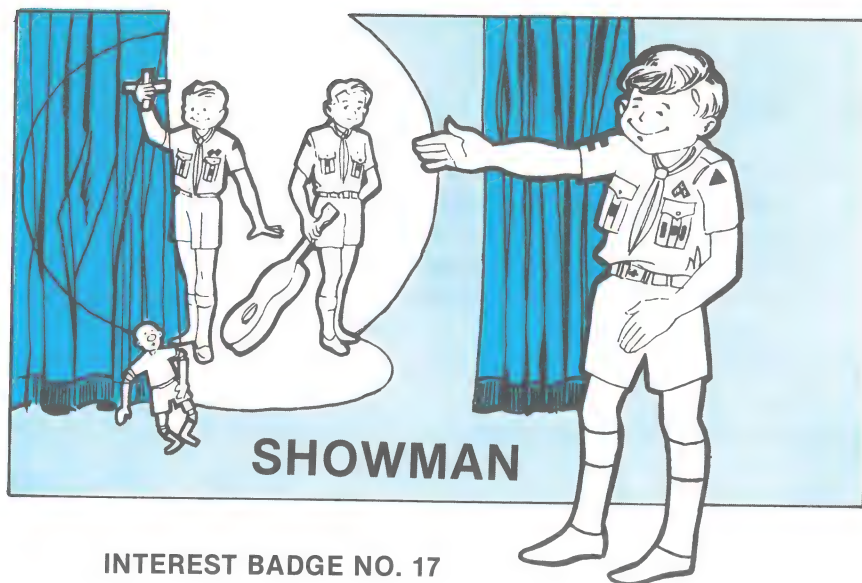
For example:

- all books on recreation have a number between 790 and 799
- all books on music have a number between 780 and 789

You will notice that many Dewey numbers use a decimal point; this is so more numbers can be added. Here is an example:

- all books on athletic and outdoor sports and games have the number 796
- all books on ball games have the number 796.3
- all books on football have the number 796.33
- all books on soccer have the number 796.334
- all books on soccer are then distinguished by the first letters of the author's surname. J. M. White wrote "Basic Soccer for Juniors" — thus the Dewey number would be 796.334 WHI.

Fiction books are usually arranged alphabetically by the author's surname. A book by Jules Verne would be on the shelf with other books whose authors' surnames start with "V".



INTEREST BADGE NO. 17

A showman is a person who can entertain other people because of the talent he possesses. Can you present a puppet play? Play a musical instrument or sing? Act in a serious or funny play? Many Cubs like to act in plays and you have probably done this before. But to earn this Badge you will need to go more deeply into the type of entertainment you choose. You will probably have to find out how to do some of the things by looking up books in the library.

What to do

Do satisfactorily **FOUR** activities in **ONE** of the four entertainment fields offered:

1. Puppetry

- ☐ (a) Write a puppet play.
- ☐ (b) Make a set of hand puppets or marionettes for the play you have written.
- ☐ (c) Construct a simple stage for hand puppets, shadow puppets or marionettes.
- ☐ (d) Alone or with others put on a show for the Pack.
- ☐ (e) Make two puppets from socks and put on a one-man show.

No.	Date	Examiner Sign Here	Entered on Chart

OR 2. Music

- ☐ (a) Demonstrate your ability to play four tunes on a musical instrument.
- ☐ (b) Sing two songs alone or with a group.
- ☐ (c) Explain what folk music is and hum, sing or play a folk song.
- ☐ (d) Name three Southern African composers and a composition written by each one.
- ☐ (e) Draw a staff, sharp, flat, natural, note, rest, and explain their use.
- ☐ (f) Lead or take a prominent part in a traditional dance.

No.	Date	Examiner Sign Here	Entered on Chart

OR 3. Drama

- ☐ (a) Recite a patriotic or humorous monologue.
- ☐ (b) Attend a play and describe the story, explaining what you liked and disliked.
- ☐ (c) Read a play and describe the story.
- ☐ (d) Write, produce, and join in a one-act play.
- ☐ (e) Describe the difference between opera, musical comedy and drama.
- ☐ (f) Take part in a Scout Show or similar amateur performance.
- ☐ (g) Describe theatre in the round and point out its advantages and disadvantages.

No.	Date	Examiner Sign Here	Entered on Chart

OR 4. Traditional entertainment

- ☐ (a) Describe traditional attire.
- ☐ (b) Demonstrate your ability to play a traditional instrument.
- ☐ (c) Sing two traditional songs.
- ☐ (d) Perform two traditional dances.
- ☐ (e) Explain the story behind two traditional dances.
- ☐ (f) Tell a traditional folk story.

No.	Date	Examiner Sign Here	Entered on Chart

There are four fields to choose from:

- Puppetry
- Music
- Drama
- Traditional entertainment

When you have chosen one of these you must complete four of the activities

Puppetry

If you are interested in puppets there is a lot for you here. Did you know that there are a number of different kinds of puppets?

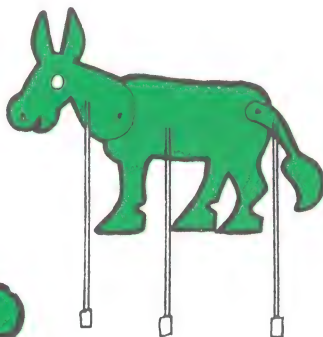
They are grouped according to the method of control:

- (a) glove puppets
- (b) rod puppets
- (c) hand-and-rod puppets
- (d) marionettes or puppets with strings
- (e) shadow puppets

First you must decide which type of puppets to make and then build the stage and write the play.



HAND PUPPET



SHADOW PUPPET



MARIONETTE

Music

Singing is a favourite pastime with Cubs and you probably already know some Cub songs.

This part of the Badge is for Cubs who play an instrument or are very interested in music and songs. You will have to find out some of the things for this part yourself. If you learn a musical instrument ask your teacher to help you. Don't forget to share your talent with others, by playing or singing for them; that's half the fun.

Drama

There is a lot more to being in a play than just standing up and saying your lines.

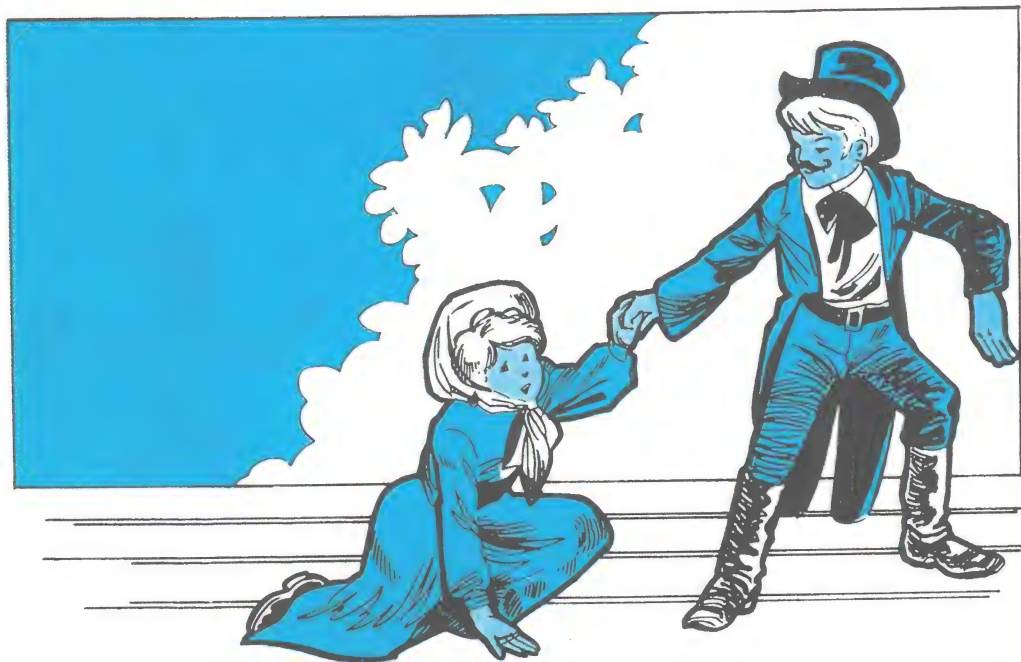
You should know about:

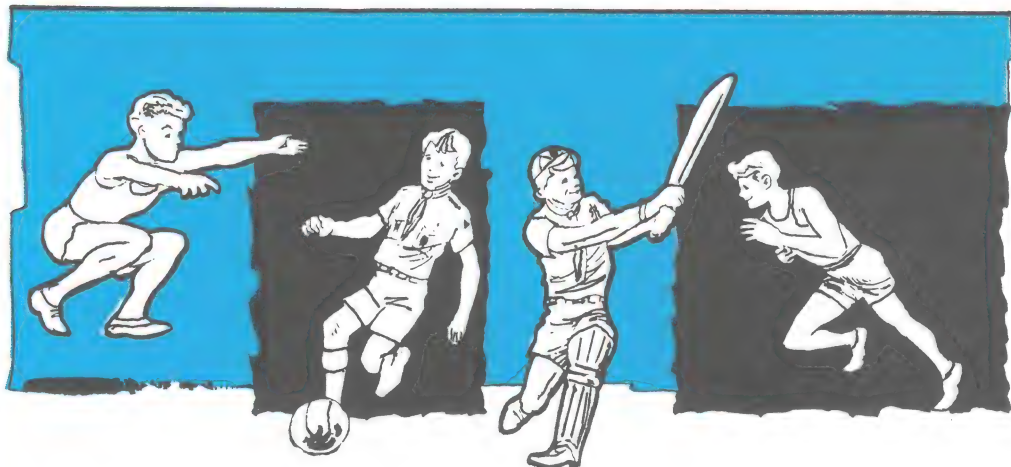
- the different types of productions
- the plot of a play
- stage direction
- properties
- the sets
- costuming
- make-up
- the producer's job
- the director's job

In this part of the Badge you must find out about these and about theatre in the round.

Traditional entertainment

In this section the real SHOWMAN comes out as you will have the opportunity to dress in traditional costume, perform dances, play traditional instruments and sing as well as tell a folk story. Whether your particular culture has its roots in Scotland or in Venda, the scope is wide and exciting.





SPORTSMAN

INTEREST BADGE NO. 18

Did you earn your eight-year-old and nine-year-old Sports Interest Badges? If you did, and have been playing your chosen sports all the time, you should have improved by now.

This Badge is very much like the nine-year-old Sports Badge.

The examiner will expect you to be just that little bit better than you were at nine.

Remember this is for Cubs who are keen on sport. You will find you now have to play **two** individual and **two** team sports.

This Badge may take some time to complete, as many people play winter and summer sports.

What to do

Complete the following requirements for TWO individual and TWO team sports:

- ☐ 1. Be familiar with the skills and techniques in each.
- ☐ 2. Know the rules and how to score.
- ☐ 3. Know the equipment used and how to care for it.
- ☐ 4. Know the safety rules.
- ☐ 5. Demonstrate the skills and participate in the sports to a reasonable degree.

Team Sport No. 1

Name of Sport _____

No.	Date	Examiner Sign Here	Entered on Chart
1			
2			
3			
4			
5			

Team Sport No. 2

Name of Sport _____

No.	Date	Examiner Sign Here	Entered on Chart
1			
2			
3			
4			
5			

Individual Sport No. 1

Name of Sport _____

No.	Date	Examiner Sign Here	Entered on Chart
1			
2			
3			
4			
5			

Individual Sport No. 2

Name of Sport _____

No.	Date	Examiner Sign Here	Entered on Chart
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5			

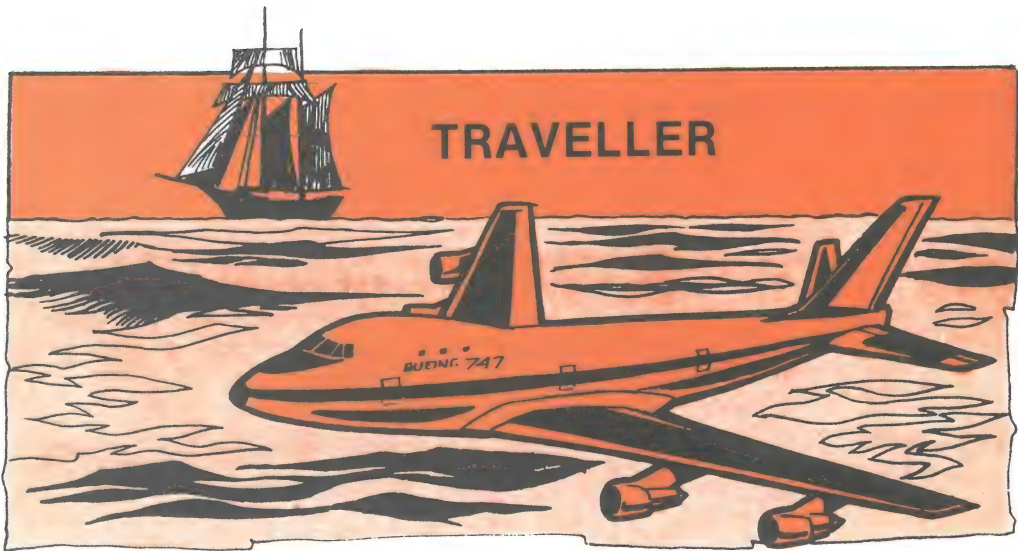
You may use any recognised individual or team sport to earn this Badge. Here are some examples:

Team	Individual	Individual
Baseball	Skiing	Tennis
Softball	Swimming	Golf
Cricket	Ice Skating	Badminton
Basketball	Sailing	Table Tennis
Soccer	Roller Skating	Squash
Rugby	Fishing	Jukskei
Hockey	Archery	Horse Riding
Volleyball	Water Skiing	Judo – Karate
	Diving	Cross-Country

Note: A letter must be produced from a sportsmaster, coach, teacher, Pack Scouter or other adult for each sport in Test 5.

There is not enough room in this book to explain about the sports you can play. You can learn about them by playing in a team or being coached in the sport. You can watch others play the sport and you can read books on the subject.





INTEREST BADGE NO. 19

Men have been travelling around the world for many years. Perhaps when you have been walking you have wanted to go a bit farther to see what is over the hill or around the next corner. It is this curiosity that has kept men exploring different areas of the world for many years.

In this Badge you are not going to travel to Mars or even the Moon, but you will still find adventure and interest travelling in Southern Africa.

What to do

Do any FIVE of the following:

- ☐ 1. Obtain a map and timetable from the railway or bus company or airline serving your town or city and discover some places they go to.
- ☐ 2. Use timetables to plan a trip from your home to another city by train, bus, aircraft, boat or a combination of these.
- ☐ 3. Find out the cost per kilometre to travel by bus, train, airline or boat to another city or town.
- ☐ 4. List four short trips you would like to take with your parents. Plan and lay out the trips on a road map. Using the map, act as navigator for one of these trips at least 40 kilometres long.
- ☐ 5. Pack a suitcase for a three-day trip away from home.
- ☐ 6. Check the First Aid kit in the family car.

Note: A letter must be produced from the driver for Test 4.

No.	Date	Examiner Sign Here	Entered on Chart



Maps and timetables can be obtained from your local travel agency or your nearest railway station, airline or bus company office.

Plan an imaginary trip for yourself to another city by rail, aircraft, bus or boat. You must read your timetable carefully. Be sure there is a service on the day you intend to take your imaginary trip.

Perhaps the trip you have chosen requires a combination of types of transport. If so, make sure you can connect without having to spend too long waiting around at the station or terminal.

To find the cost per kilometre to travel to another city or town by the four most popular means of transport you will have to go to the various agencies for the transport companies and find out the fare. You must then divide the cost by the distance to work out the cost per kilometre. On a long trip you save a lot of time by flying, but you can also save money because you will not need to spend it on meals and overnight accommodation.

Maybe there are interesting places around your district that you would like to visit. Perhaps you have passed through a town but Dad didn't have time to stop. In this Badge you have to plan four short trips to take with your parents.

Plan the trips and draw them on a map. You can usually obtain maps from your local service station. You must act as navigator on one of these trips and tell Dad and Mum the correct way to go and the road conditions they will be likely to encounter on the way.

When packing your suitcase for a trip first of all discuss with Mum the things you will be most likely to need. Pack shoes at the back of your case; then when it is standing up the weight of the shoes will not crush anything else. Put small things like socks and handkerchiefs inside shoes to save space. Don't forget to pack your toothbrush, toothpaste and soap in plastic containers. Remember to label the outside of your suitcase so you can easily identify it when it is among other suitcases.

All cars should carry a First Aid kit. Make sure there is one in your family car. You must check through the kit and replace anything that has been used.





If you gained your Blue Interest Badge, Conservation, you will probably know something about conservation and what it means. You will know how important nature is and will have learned a lot about it.

In the world a lot of nature has already been destroyed by the thoughtless actions of people. If this is allowed to continue the world soon will not be a very nice place in which to live.

In this Badge you can play your part in helping to prevent this thoughtless destruction. You can find out which animals and plants are in danger, and all about soil and how important it is to plants, animals and man. You can also take part in activities which will help to make your home, your suburb and your country better places in which to live.

Probably you will need some help with this Badge so ask Akela or your parents to help you.

What to do

1. Do any ONE test from EACH of Sections A, B, and C and one further test from Section D.

- ☐ A. (i) Visit a zoo, botanical garden, game or nature reserve, or a natural history museum; or see a film about wild animals. Tell your examiner what you saw.

OR

- (ii) Take part in a nature clean-up lasting half a day. Report the result to the examiner.

OR

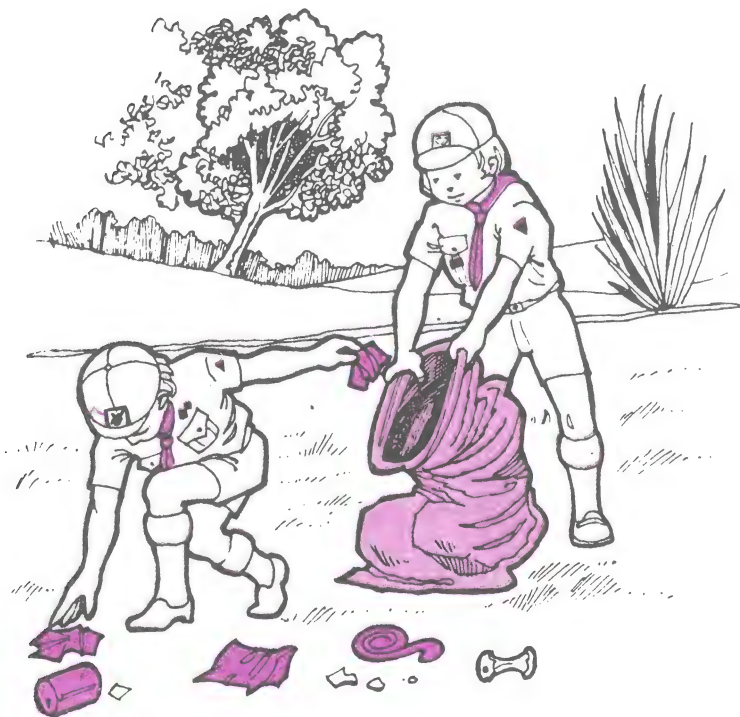
- (iii) Take part in an expedition or outing,

lasting half a day at least, with nature study as its main theme. Keep an account of what you see and report it to the examiner.

- ☐ B. All tests in this section involve maintenance, observation and noting of the project over a period of **at least one month**; and reporting results to the examiner.
- (i) Make and set up a bird feeder and note which birds use it.
OR
- (ii) Make and set up a bird bath or a drinking place for birds, and note the behaviour of the birds.
OR
- (iii) Make and set up a bird nesting place and note which birds use it.
OR
- (iv) Make a compost heap in your backyard or garden. (First check whether municipal regulations allow compost heaps in your area.) Report changes in the heap, and the value of compost, to the examiner.
- ☐ C. The experiments done in these tests and their results must be demonstrated to the examiner.
- (i) Carry out an experiment which shows how plants give off water to the atmosphere.
OR
- (ii) Determine air pollution by any method which you know.
OR
- (iii) Carry out an experiment which shows capillary action (how water rises in the ground and soaks top soil).
OR
- (iv) Carry out an experiment which shows the danger of soil erosion.
- ☐ D. Together with the examiner develop and carry out a project that is different from any of the other projects you have done for this Badge.

Handwritten signature

- ☐ 2. Improve your environment by planting a tree or shrub or lawn or any other plant out-of-doors (preferably in a place which carries no vegetation) or in a box on a balcony or indoors in flower pots, and observe and maintain the results for a period of **at least two months**. Show your plants to the examiner and report what you have noted during their growth.



- ☐ 3. Carry out ONE of the following tests:
- (i) Keep a scrapbook about any FIVE animals, not native to your country, kept in a zoo; note their countries of origin; feeding habits; and details of the special care which they need in a zoo. Be prepared to tell your examiner about these animals.

OR

- (ii) Together with a friend arrange a nature trail or

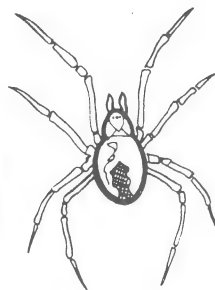
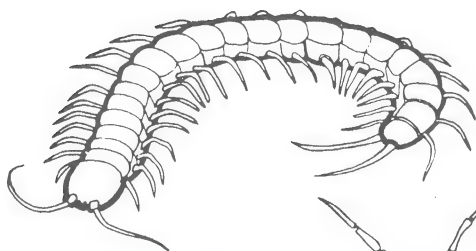
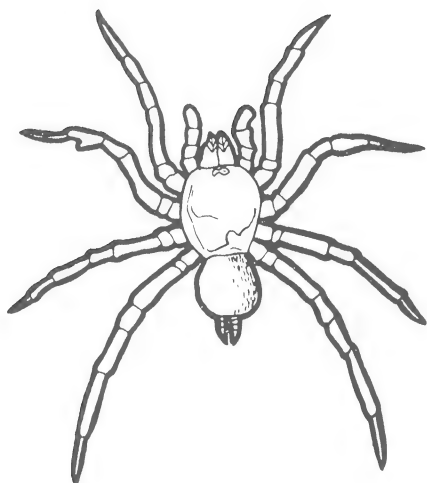
competition (with about ten points of observation) for members of your Pack. Report the results to the examiner.

OR

- (iii) Choose one wild animal, fish, bird, or tree native to your country. Discover all you can about it by personal observation and from books. Report the results to your examiner.

OR

- (iv) Select any three vertebrates (having spines) and any three invertebrates (having no spines) found in the garden. Observe them and read about them and report to the examiner about their appearance and habits.



SOON YOU WILL BE A SCOUT



LEAPING WOLF BADGE



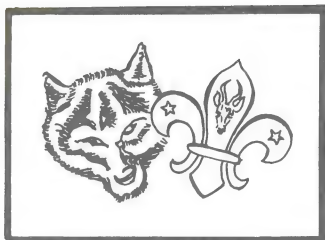
You have earned your Lion Cub Badge now and, if you have been sensible, you would have, by now, earned the First Aid and Health Interest Badge and at least three Interest Badges. (These last may be from any colour group badges.) So all that remains to be done to win the right to wear this very special badge — the Leaping Wolf — is to qualify for the LINK BADGE.

Here are the requirements for the LEAPING WOLF BADGE:

Before being awarded the Leaping Wolf Badge, you must:

- ☒ (a) Have gained the Lion Cub Badge; the First Aid and Health Interest Badge; and **THREE** Interest Badges from any colour group.
- ☐ (b) Hold the Link Badge.

LINK BADGE



The Link Badge, which you may gain while still in the Pack before “Going Up” to the Troop, is intended to prepare you so that you can be invested as a Scout at your “Going Up” Ceremony. This will make it easier for you in the Troop because you will have passed your Tenderfoot Tests. You will have a lot of

fun meeting the Scoutmaster and the boys in the Troop. You probably know some of them already. Many of them were Cubs and earned this Badge just as you are going to do. Here are all the requirements:

Before being awarded the Link Badge, you must:

- ☒ 1. Be at least ten-and-a-half years of age.
- ☐ 2. Pass the Tenderfoot Scout Tests.
- ☐ 3. Meet the Scoutmaster and register for entry into the Troop not less than three months before “Going Up”.
(Your Akela will introduce you to the Scoutmaster if you don’t already know him.)
- ☐ 4. Take part in a Patrol activity out-of-doors with your future Patrol and/or attend a Troop Meeting/activity as a guest of your future Patrol Leader before your “Going Up” Ceremony.
(Your Akela will arrange this with the Scoutmaster.)

Note: Where there is no Troop in your town/village, the following alternative test may be taken:

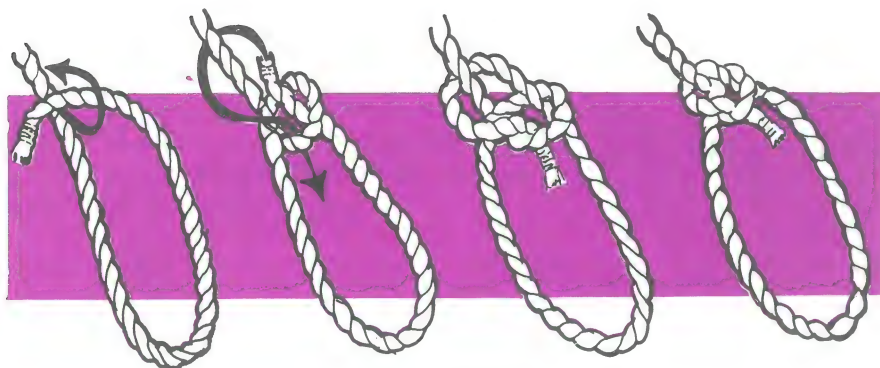
“Show a general knowledge of the life of the Founder, Lord Baden-Powell of Gilwell, and his contribution to the development of world Scouting.”

You may be examined in this alternative test by your Akela.

- ☐ 5. **First Aid**
Hold the Cub First Aid and Health Interest Badge.
(If you hold this Badge you DO NOT have to re-pass this Interest Badge. If you still have to pass it, you will find out what you have to know on pages 92 to 99 of this book.)

☐ 6. **Scoutcraft**

- (a) Lay and light a fire in the open air using natural materials and not more than two matches.
- (b) Fry an egg and bacon OR make porridge from raw ingredients over the fire you have made.
- (c) Demonstrate a knowledge of:
 - (i) the safety precautions in both lighting and extinguishing fires made in the open.
 - (ii) the condition in which a campsite or picnic spot should be left after use.
 - (iii) the necessity of carrying back all rubbish when you are hiking.
- (d) **Assist** in pitching a tent, taking it down, and packing it, and assist with the preparation of the campsite.
- (e) Demonstrate a knowledge of the safety rules and correct use of a handaxe.



Bowline

- (f) Tie the following knots and lashing:
 - (i) Reef knot; Bowline; Clove Hitch; Round Turn-and-Two-Half Hitches; Sheepshank; Sheet Bend.
 - (ii) Make a Square Lashing.

Note: Your Scoutmaster **MUST** examine you personally in Test 1 of the Tenderfoot Badge: "Law and Promise", and conduct the Personal Growth Agreement Conference with you, whether you are a new recruit to the Troop, or a Cub "Going Up" from the Pack.



THE FOUNDER OF SCOUTING — LORD BADEN-POWELL OF GILWELL

Even if there is a Troop in your town or village for you to visit for Test 4 of the Link Badge, every Cub going up to a Troop will want to know more about the man who started Scouting.

B-P was born on the 22 February, 1857, the son of an Oxford professor. In the years before he went to school at Charterhouse in 1870, he and his brothers had little schooling, but were encouraged to lead an outdoor life, thus developing in B-P a love of nature and the habit of observation. Even after he went to Charterhouse he led a country life, and spent most of his holidays camping and boating.



The stalking tricks which B-P learned in the woodlands around Charterhouse School became of benefit to him in India and Africa.

So he acquired at an early age the ideas that he was later to turn into "Boy Scouting".

On leaving school he went into the army and was posted to the 13th Hussars at Lucknow in India. Fortunately his Colonel was a man who placed more value on initiative than on knowledge of drill movements; as a result, B-P developed methods of encouraging his men to use their brains, and he also discovered the joys of scouting all over again. These two factors became the prime motives of his later work as a youth leader.

In his spare time from soldiering, he became very interested in taking part in amateur plays, and he also became keen on the sport of pig-sticking.



In India, B-P won the famous sports trophy for wild boar hunting. He became the accepted authority on "pig-sticking".



Brownsea Island saw the world's first Scout camp in the summer of 1907.

The first time he came to Southern Africa was in 1884, when he took part in the Bechuanaland Expedition. He again came to South Africa in 1888 when he served as an Intelligence Officer in the war against Dinizulu. Later still he served with the burgers of the South African Republic on a commission to Swaziland. His next campaign was in Malta, where he was once again an Intelligence Officer (his book "The Adventures of a Spy" tell of his adventures). He learned to disguise himself in various ways, once as a butterfly-catcher making sketches of butterflies with drawings of enemy forts and guns hidden in the design of the butterfly wings.

In 1895 he took part in the Ashanti Expedition against Prempeh. Here he did pioneering, building log bridges and roads for the soldiers. This is where the Scout left handshake came from. Soon after he was in Matabeleland where the enemy named him "Impeesa" (the Wolf That Never Sleeps) because of the many night scouting trips he made to the edge of the enemy camps. It was during this expedition that B-P first used the Scout hat.

At the outbreak of the South African War in 1899, B-P was in Mafeking organising a police force, and he was forced to defend the town by what he himself called "largely bluff". Using every trick

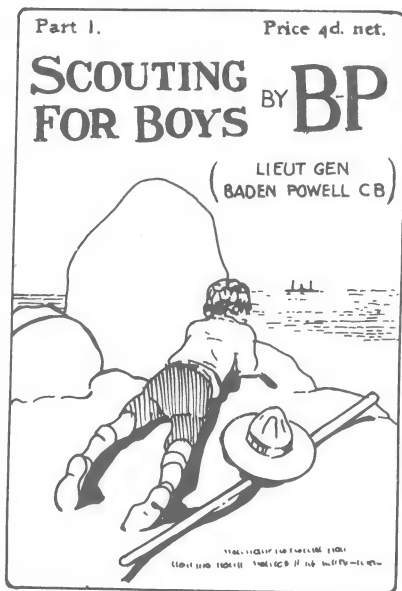
they could think of, the defenders led by B-P held out for seven months until they were relieved by an army column that broke through the enemy lines. B-P returned to England a great hero and was cheered by the crowds wherever he went. Boys wrote to him for advice — letters that he answered helpfully. He had written a book for soldiers called “Aids to Scouting” which was now being read by boys who tried to put the activities into practice.

In 1907 B-P tried out his ideas on Scouting for boys at an experimental camp on Brownsea Island in England. In the next year he published the results of his trial in the form of a book called “Scouting for Boys” which was published in fortnightly parts. It was an instant hit and boys all over the world read it.

The Movement grew out of B-P’s experiences and adventures as a boy and as a man. Many of his ideas came from Southern Africa. The Wood Badge, which Scouters wear, was originally made of beads from a necklace worn by King Dinizulu; the green and gold of the Scout flag is the green of the Transvaal and the orange of the Free State.

It is not known exactly when Scouting started in Southern Africa but there were Troops operating in the Cape, Transvaal and Natal as early as March 1908, only seven months after the camp on Brownsea Island.

Part I of **Scouting for Boys**, with cover design by John Hassall.



FIRELIGHTING

There are four simple steps in making a good fire.

FIRST you will need a safe fire area. Find an open space about 2½ metres from the nearest brush or tree. There should be no branches above it. Clear a 5-metre diameter circle free of dry leaves, grass, pine needles, etc and build your fire in the centre of it. Build a fireplace out of stones if you can.



GATHER all your fuel first. Get plenty of tinder. Tinder is stuff that flares up when you light it. Use brush, tiny twigs, or make wood shavings from split dry wood. Gather kindling and heavier wood too.

Lay a generous supply of tinder, place plenty of kindling (small dead twigs) over it, then slightly larger twigs on top.

LIGHT your fire from the windward side. Light a handful of tinder and use this torch to ignite the fire.



Once the kindling is alight, carefully place slightly larger pieces of wood on the flame until it is safely burning.

FEED your fire from the lee side (the downwind side). First kindling, then slightly larger pieces of wood, and then larger and larger pieces. That's why you need your materials handy.



OUTDOOR FIRE SAFETY RULES

1. Almost every campsite, picnic area, Forestry or Wilderness Area has its rules. Learn them and obey them.



2. Clear a circle at least five metres across of any material that will burn. Make sure that there are no trees, bushes, or long dry grass near your fire-place that a spark could set alight. In the Cape, beware of slangbos, a light-grey, very bushy bush that is highly inflammable, even when wet.

2. Don't build your fire against a tree, stump, root or log. NEVER build a fire on a carpet of pine needles. It goes on burning and smouldering into the ground and may flare up later. There is usually a thick layer of pine needles under a grove of pine trees.
3. Set up your stove or build your fire in the centre of the cleared circle you have made. If you are hiking, whenever you can, build your fire in a stone fireplace like this one. Place a green stick across the arms of the U to suspend your billies. The fireplace is efficient and reduces the risk of fire spreading. BEWARE of using wet rocks which explode, or shale which bursts.



4. Don't use firewood that spits sparks. Only a very inexperienced outdoorsman builds a bonfire. Keep your fire **SMALL**. Not only is there less chance of setting the veld alight, but a small fire is by far the best for cooking.
5. Never toss a match away. Break your used matches in half and then throw them in the fire.
6. **NEVER** leave your fire unattended, even for a few minutes, particularly on a windy day, or at night. There must **always** be someone there.
7. Keep a billy of water or sand handy for emergency use.
8. When you have finished with your fire make sure you put it out properly. Spread the coals and ashes and soak them with water. Stir and sprinkle more water on them until the fire is cold. Feel the ashes with your hand to make sure they are cold to your hand. If you are short of water, pile sand or damp earth on the ashes after you have sprinkled them with water.



COOKING

Cooking in camp is fun! If you learn the basic skills it is easy to cook meals in camp.

You can practise on a stove at home and then graduate to a fire outside. The main difference is how you control the heat. On a stove you usually just turn the heat up or down. Over an open fire at camp you change the heat by either moving your pot or pan closer or further from the fire, or you put some more wood on.

A wise cook makes sure that he has a small fire and cooks whenever he can over the coals. With leaping flames you can't control the distance between the heat and your pan — and your hand will get burned or too hot. Coals — steady, glowing coals are the answer.

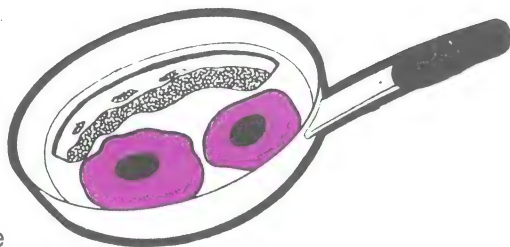
For this Test for the Link Badge you must fry an egg and bacon OR make porridge from raw ingredients over the fire you have made.

FRIED EGG AND BACON

Start by cooking the bacon so that you will have fat in which to fry the egg.

Place 2 or 3 slices of bacon into a cold frying pan and cook over a SLOW fire. Turn the slices over when they are half done. Be very careful

not to overcook them — the bacon will crisp as it cools.



Before your bacon is completely cooked, break the egg into a mug and then pour it into the frying pan. Cook it SLOWLY, just allowing the fat to sizzle. From time to time with a spoon pour some hot fat over the top of the egg until it starts turning a light yellow. The more hot fat you pour over it the harder the egg will be.

To keep the egg and bacon warm place them between two plates over a billy of hot or boiling water.

PORRIDGE

When you are in camp or hiking on the trail, you need a big meal to give you the energy for all your activities during the day. A large plate of porridge with milk and sugar (or honey or syrup) is a great way to start the day.

There are several kinds of porridge you can make. Oats, mealie meal and mabela are the most common.

Here is a recipe for making oats porridge for one person. To make it for more than one person multiply by the number of servings.

Oats Porridge

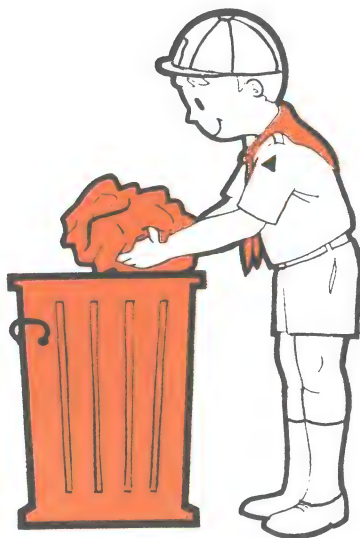
Bring one cup of water to a vigorous boil. Sprinkle into it half a cup of quick-cooking oats porridge while stirring it. Add a pinch of salt. Cook it at a slow boil for about 5 minutes.

Make sure you stir it constantly right to the bottom of the pot.



To make mealie meal or mabela porridge you can use the same recipe using mabela or mealie meal instead of oats, but you will have to cook it for about 15 minutes at a slow boil. Add HOT water if it gets too thick.

Before you go home, make sure the area is cleaner than when you arrived. Take your rubbish with you in your pack until you find a rubbish bin.



PITCHING A TENT

There are many different types of tents — A-type tents, bell tents and so on. The method of pitching and striking a tent described here applies to an A-type tent. With other types there may be some variation.

- First pick your tent site and then clear away hard bumps of grass and stones. They can be hard when you sleep on them!



- Unpack the tent, pegs, and poles. Put the tent bag in a safe place. Assemble the poles.

- Open up the tent and undo the guylines. Spread the tent out on the site and set it so the door is facing the direction you want. See that the door flaps are tied securely or zipped up.



- Peg down the four corners at right-angles. Place pegs in the ground for the front and rear tentpole guys. If the tent has two guys per pole, drive in 2 pegs the same distance and angle from where the pole will be.



- Raise the tent poles. Attach the tentpole guys to the pegs.

If the tent has walls with guylines down the side attach them to pegs in a straight line down each side of the tent. Except for the corners, the guys should be at right-angles to the sides of the tent. Adjust the guylines so that the tent is square, without creases in the fabric and without strain on any part of it.

STRIKING A TENT

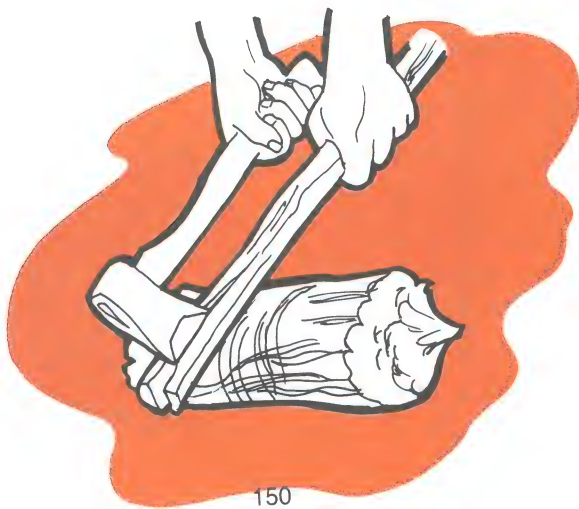
When you are ready to leave, strike the tent with care.

- Take out the side pegs and coil the guylines neatly. Tie the guys with half hitches to prevent them becoming tangled. See the door is closed.
- Loosen the tentpole guylines and gently remove the tent poles. The tent will collapse. Take out all the pegs and stretch the tent out on its side.
- Brush off all dirt, grass, leaves and twigs.
- Pull out the door and fold it over before folding the tent and then rolling it so that it fits into the tentbag. Clean the pegs and put them into the tentbag together with the tent poles.

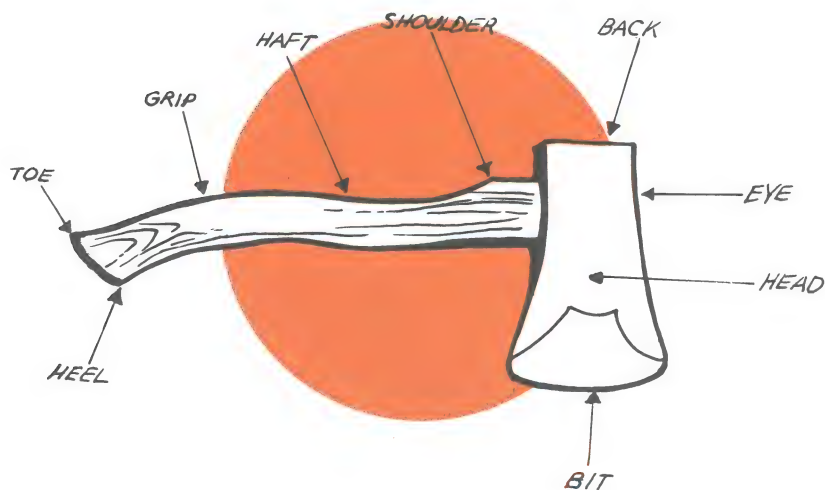
If it was necessary to pack the tent when wet make sure you unpack it and dry it out before you store it away.

HANDAXE

An axe is a vital item of an outdoorsman's equipment and it is important that you should know how to use one safely and efficiently. When you know how



to use them, they will help you build your shelter, make a raft, and help you start a fire to keep you comfortable in all kinds of weather.



CORRECT USE OF A HAND-AXE

An axe is not a toy. Use it with care and not for fooling around with. It can be dangerous!

You swing the hand-axe with one hand only. Lift it with an elbow movement only, not with a shoulder movement. It's the weight of the head, not brute force, that makes the bit of the axe bite into the wood. If the stick is too thick to cut with one blow, cut it in two by making a V-shaped notch with several blows.

SAFETY RULES FOR USING AN AXE

Every good axeman is very careful about the safety rules. Here they are:

- Remove your scarf and any loose clothing, like lanyards, that could become entangled.
- "Onlookers stay TWO axe-lengths away". An axe-length is measured from your armpit to the head of the axe.
- See that the area is free of overhanging branches that could deflect your axe when you are chopping.
- Keep your axe sharp. A sharp axe is a safe tool when used properly. A blunt one is always dangerous.

- Keep the handle tight. A loose head can be as dangerous as a loaded pistol if it flies off.
- Keep your fingers and feet away from the blade. Do not use an axe when barefoot or wearing sandals or sandshoes.
- When you chop wood place the spot where you cut flat on the chopping block. A chopping block is absolutely necessary. When cutting sticks rest them flat on the block and steady the stick with one hand. NEVER chop a leaning stick between the ground and the block — one end of the stick will leap into the air.
- When splitting logs or sticks place the stick flat on the block and cut from the further end as in the picture on page 150.
- Never touch a living tree unless you have specific permission and you have a definite use for the wood.
- An axe is not a hammer or other tool. It is meant for cutting wood. Use it for this purpose only.
- Rest when you are tired. When tired you lose control and get careless.
- Don't risk chopping into the ground — you will not only blunt the blade, but it is dangerous.
- Mask the axe in the chopping block, a log, or in its sheath when it is not being used.

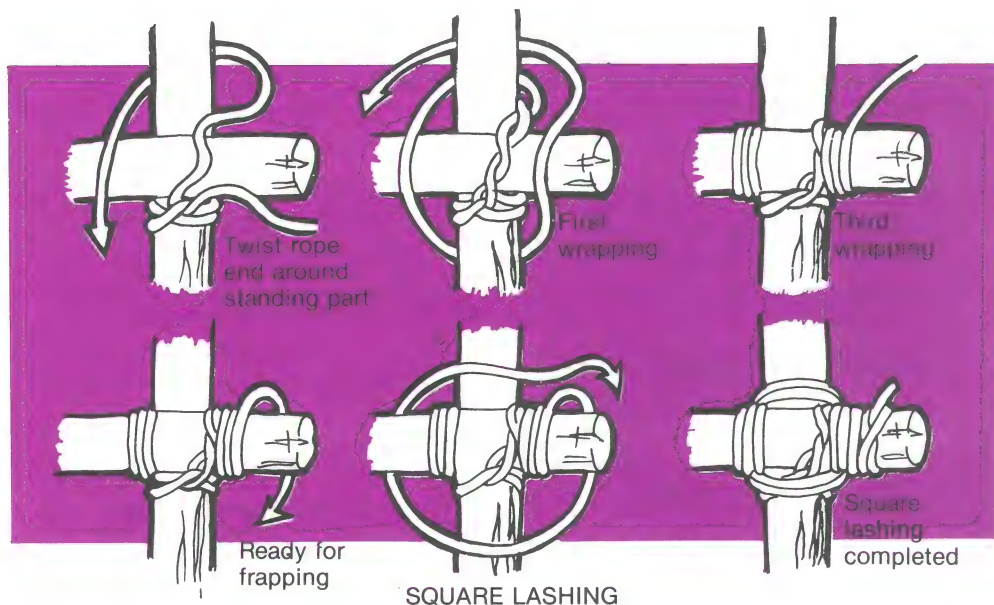
- When passing an axe to someone else, hold it vertically, axe-head down, giving him the grip at the end of the handle. Make sure he has hold of it firmly before you let go. If you must carry an unmasked axe, grip it close to the head with the blade downwards and outwards, on the side away from your companions.



KNOTS AND SQUARE LASHING

For this test you are required to tie some knots and to be able to do a square lashing. For your Cheetah Cub Badge test you learned the Reef Knot; for your Leopard Cub Badge test you tied the Sheet Bend and the Round Turn-and-two-Half Hitches. On pages 39 and 40 of this book you will find out how to tie the Bowline, Clove Hitch, and the Sheepshank.

When you are a Scout you will use lashings to make many things in camp — gadgets in the kitchen, pioneering projects and many more. A square lashing is used when the poles do not spring apart. The cross-pole should be on top of the upright facing you. Start with a Clove Hitch around the upright pole just underneath the crosspiece. Now make three wrappings around both poles. Keep the rope tight. Lay the rope on the **outside** of the previous turn on the crosspiece and on the **inside** on the upright pole. Then make two frappings between the poles to tighten the wrappings. Pull these as tight as you can. Finish off with a Clove Hitch around any pole except where you started. Your instructor will show you how to avoid “crossing” your lashing.



TENDERFOOT SCOUT TESTS

There are a number of people who will help you to pass your TENDERFOOT SCOUT TESTS at the same time that you are doing the LINK BADGE Tests — your Pack Scouter or Pack Helper or Cub Instructor or (best of all) your future Scoutmaster and Patrol Leader.

The following are the tests for this Badge

- ☒ 1. Repeat from memory the Scout Law and Promise, and explain their meanings simply and explain how you intend carrying them out.
- ☐ 2. Demonstrate, correctly, the Scout Salute, the Scout Sign, and the left hand shake and explain when each is used. Know the Scout Motto and the Scout Slogan.
- ☐ 3. (a) Draw, from memory, in colour, your National Flag, and know its history and the significance of its different parts.
(b) Prepare, hoist, break, fly and lower a flag.
- ☐ 4. Recite or sing the first verse of your National Anthem in the language of your choice.
- ☐ 5. Point out and explain the various parts of the Scout uniform and know the correct positioning of the various badges and patches.
- ☐ 6. Take part in a Personal Growth Agreement Conference with your Scoutmaster.

SCOUTING is a game and like all games it has rules you must follow. The rules of Scouting are laid down in the Scout Promise, the Scout Law, the Scout Motto, and the Scout Slogan. All real Scouts follow these rules to the very best of their ability.

THE SCOUT PROMISE

On my honour I promise that I will do my best —
To do my duty to God, and my Country;
To help other people at all times;
To obey the Scout Law.

By promising on your “honour” it means that you can be trusted to keep your promise and people can depend on you without checking up. In your promise you undertake to **do your best** to do three things

You will not always succeed, but you must go on doing your best. If you make it a habit you will find it gets easier and easier as you get older. Duty to your Country comes into the second Law, and helpfulness is covered by the third. Your parents and religious leaders teach you how to know and love God, and the ways you can serve Him. By following these teachings in your daily life you will do your duty to God as a Scout.

THE SCOUT LAW

1. A Scout's honour is to be trusted.

A Scout keeps his promises. People can depend on him so when a Scout says something **is so**, they know straight away that it **is** so; and when he says he will do something, you know it **will** be done without fail. A Scout tells the truth. A Scout is honest.

2. A Scout is loyal.

To be loyal means to be faithful, obedient and true, or in plain words "to stick up for". A Scout is faithful and true to his Country, his family, his Scouters and Troop; his friends; his employers, and to those under him. Loyalty to what you believe means speaking up for that belief even if it is not popular.

3. A Scout's duty is to be useful and to help others.

A Scout is concerned about other people, and it is his **duty** to be helpful to other people willingly without pay or reward. A Scout constantly looks for ways to do Good Turns for people.

4. A Scout is a friend to all and a brother to every other Scout.

A Scout seeks to understand others and respects those with ideas and customs other than his own. He should be friendly to people, and should always be ready to greet another Scout, and to help him if he needs help.

5. A Scout is courteous.

Courtesy is an act of civility or respect. A Scout is polite to everyone regardless of age, position, or race. A Scout knows that good manners help everyone to get along better together.

6. A Scout is a friend to animals.

No Scout will ever hurt any animal, whether it be by shooting at birds with a “catty” or an airgun, or by neglecting to feed and care for his pets.

7. A Scout obeys orders.

Just as no football team can ever succeed if the captain’s orders are not carried out, no family or Patrol or Troop can ever succeed without discipline. A Scout obeys the laws of his community and Country, and if he thinks these rules and laws are unfair, he tries to have them changed in an orderly manner rather than disobey them.

8. A Scout smiles and whistles under all difficulties.

A Scout is cheerful no matter how rough things are. He looks on the bright side of things. He does tasks given him with a smile. He tries to make others happy.

9. A Scout is thrifty.

A Scout works to pay his way and to help others. He takes care of his own possessions and those of other people. He protects and conserves natural resources. He carefully uses time and property.

10. A Scout is clean in thought, word, and deed.

A Scout keeps his body and mind clean. He picks his friends and goes around with those who believe in living by these same ideals. He helps keep his home and community clean.

THE SCOUT MOTTO: “Be Prepared”

Here is what B-P said about the Scout Motto:

“The Scout’s Motto means that a Scout must always be prepared at any moment to do his duty, and to face danger in order to help his fellow-men.

He must prepare himself by previously thinking out and practising how to act in any accident or emergency, so that he is never taken by surprise: he knows exactly what to do when anything unexpected happens.”

THE SCOUT SLOGAN

A Scout tries his best to do at least one Good Turn to somebody every day.



Badge to show they belong to the world-wide Brotherhood.

THE SCOUT HANDSHAKE

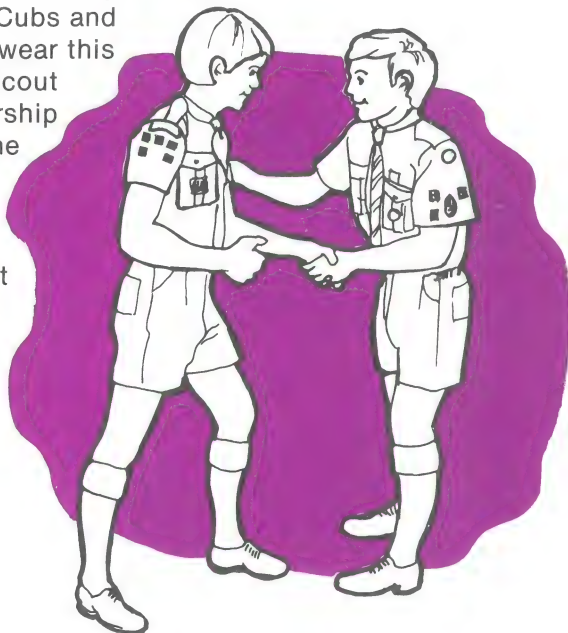
Scouts shake hands with the left hand — the hand nearest the heart, the hand of friendship.



THE SCOUT BADGE

B-P adapted the Scout Badge from the north point of the old mariners compass. He said of it: "It is the badge of the Scout because it points in the right direction, and upwards. It shows the way in doing your duty and helping others."

All our Cubs and Scouts wear this World Scout Membership



When you are in uniform and whether you are wearing a hat, or beret, or not, you make the salute as in the illustration. Make it smartly. Bring your hand up in a wide outward sweep, hold it at your hat brim for a second or two, then bring it down smartly, the shortest way, to the front.

Whenever you see any other person wearing a Scout badge or uniform — whether you know him or not — always try to be the first to salute.

HOW TO MAKE THE SCOUT SIGN



Hold the fingers of your right hand like the illustration at the left. The three fingers are like the three points of a Scout Badge. They should remind you, each time you make the salute or the Scout Sign, of the three parts of your Scout Promise:

1. To do your duty to God, and your Country.
2. To help other people at all times.
3. To obey the Scout Law.



From your Cub training you will already know how to pass Tests 3 and 4. Ask your instructor to explain and show you how to pass Test 5. Your Scoutmaster will discuss the Scout Law and Promise with you so you can show him that you fully understand what is meant and are prepared to try to live by the Promise and Law. You will then have earned your Link Badge.

YOUR PATROL

One of the best things about being in the Scout Troop is belonging to a Patrol. A Patrol consists of about six to eight boys who work and play together, go on hikes and camps together, and generally have a great time. Scout Patrols are named after Southern African birds, snakes, or animals, such as Eagle, Cobra, or Lion. Belonging to a Patrol is like being in a team. You are all working together and helping each other to make your team the best. You may already be in a team outside Cubs and know that the best team is the one that trains hard, works together and tries hard all the time. When you are in your Scout Patrol it will be just like that.

What do Patrols do?

They often go on hikes and camps together. Just imagine you and about five other Scouts going off on a camp — living under canvas, cooking your own meals, hiking in the veld or bush, playing together.

Belonging to a Patrol is great

At Troop Meetings your Patrol will play against the other Patrols — and of course yours will do its best to win. Just think how great it will be having five or so other friends who will help you with your Scout tests. You will also be able to go hiking and camping with the rest of your Patrol. Every member of a Patrol is an important member of the team. Whether you are oldest or youngest doesn't matter, for a team needs all its members.

YOUR TROOP

About three to six Patrols make a Scout Troop. In your Troop will be other boys who have been Cubs and are now enjoying being Scouts. The Scout Troop usually meets once a week when all the Patrols come together to join in games and activities. Patrols often compete against each other in games as well as in other Scout activities like tent pitching, lashings and flagpole raising. You will go on hikes and camps with other Patrols, to Troop camps and maybe to camps where many Troops gather together. As a Scout perhaps you will be able to go to a Jamboree. These are large gatherings of Scouts from all over the world held every four years.



OUTDOORS

What makes being a Scout such fun? Is it the uniform? Is it the weekly Troop Meetings? Is it camping and hiking? Most Scouts would agree that perhaps the best thing about being a Scout is getting outdoors. Scouts go out into the veld and bush as often as they can. Scouts like hiking and camping.

If you live in a city, you may have to travel to reach the veld or bush but it is worth it. It is great to wake up in the morning to the sound of birds — to hear the rushing waters of the stream near your camp. As a Scout you will learn to look after yourself in the veld: how to light fires — how to cook — how to pitch a tent. Many of the things you will learn will be aimed at taking you into the outdoors. Have you ever slept in a tent in the veld — not in a camping ground with lots of other people, but away from everybody? The feeling you get is simply tremendous. See if you can think of two things you have learned as a Cub that will help you to live and play in the outdoors.

GOODBYE TO THE PACK

When it is time for you to leave the Pack, your Scoutmaster and Akela will arrange a special ceremony to admit you to the Troop. This is called a “Going Up” Ceremony. At this time you will be bid farewell by the Pack and welcomed by the Troop.

Of course you will already know many of the boys in the Troop as you met them when you were gaining your Link Badge.

The “Going Up” Ceremony is the doorway to greater adventure and more challenging activities. You will enjoy this new adventure in Scouting just as much as you have enjoyed Cubbing.

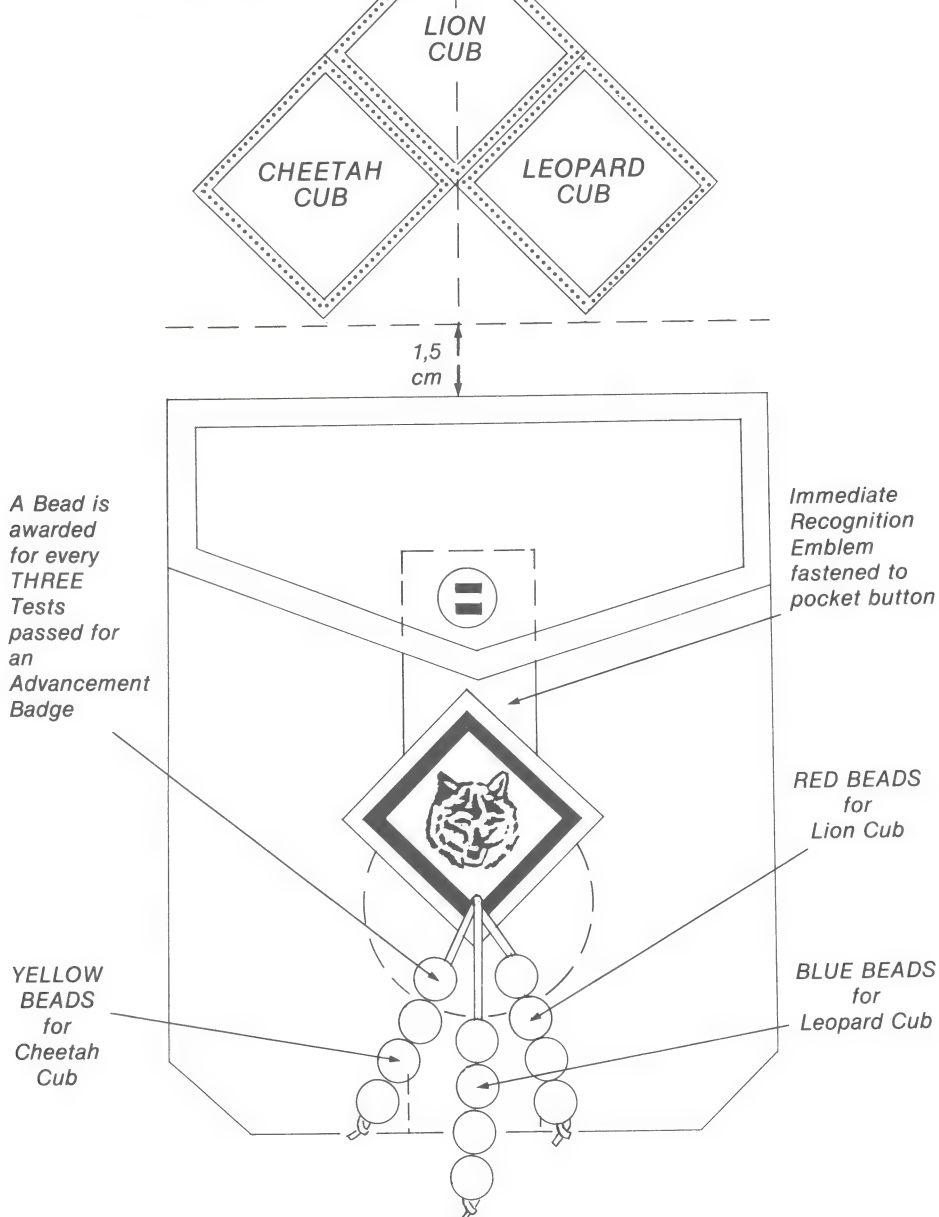
Good luck and good Scouting.



NAMES AND ADDRESSES OF MY SIX

PROGRESS TO ADVANCEMENT BADGES—Cubs

Badge Chart



BADGES—LEFT POCKET—CUBS

Badge Chart

*Leaping
Wolf
Badge
(when
earned)*

*Lion
Cub*

*Cheetah
Cub*

*Leopard
Cub*

3,0 cm

4,0 cm

1,5 cm

1,5 cm

*Cub Service
Star if worn*

*THREE yellow
stripes for
Senior Sixer*

*ONE yellow
stripe for
Second*

3,75
cm

7,5
cm

*World
Membership
Badge*

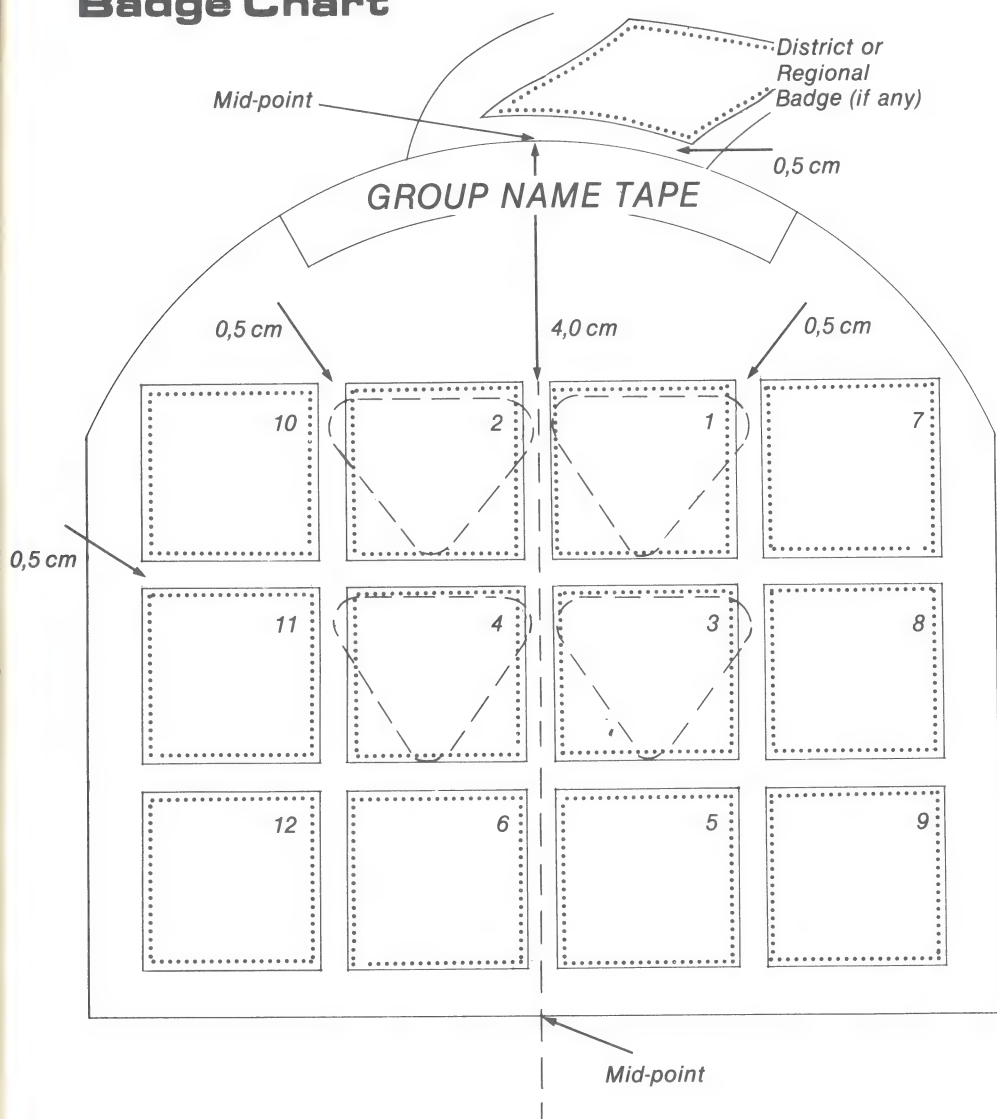
3,75
cm

1,5 cm

*TWO yellow
stripes
for Sixer*

BADGES—RIGHT ARM—CUBS

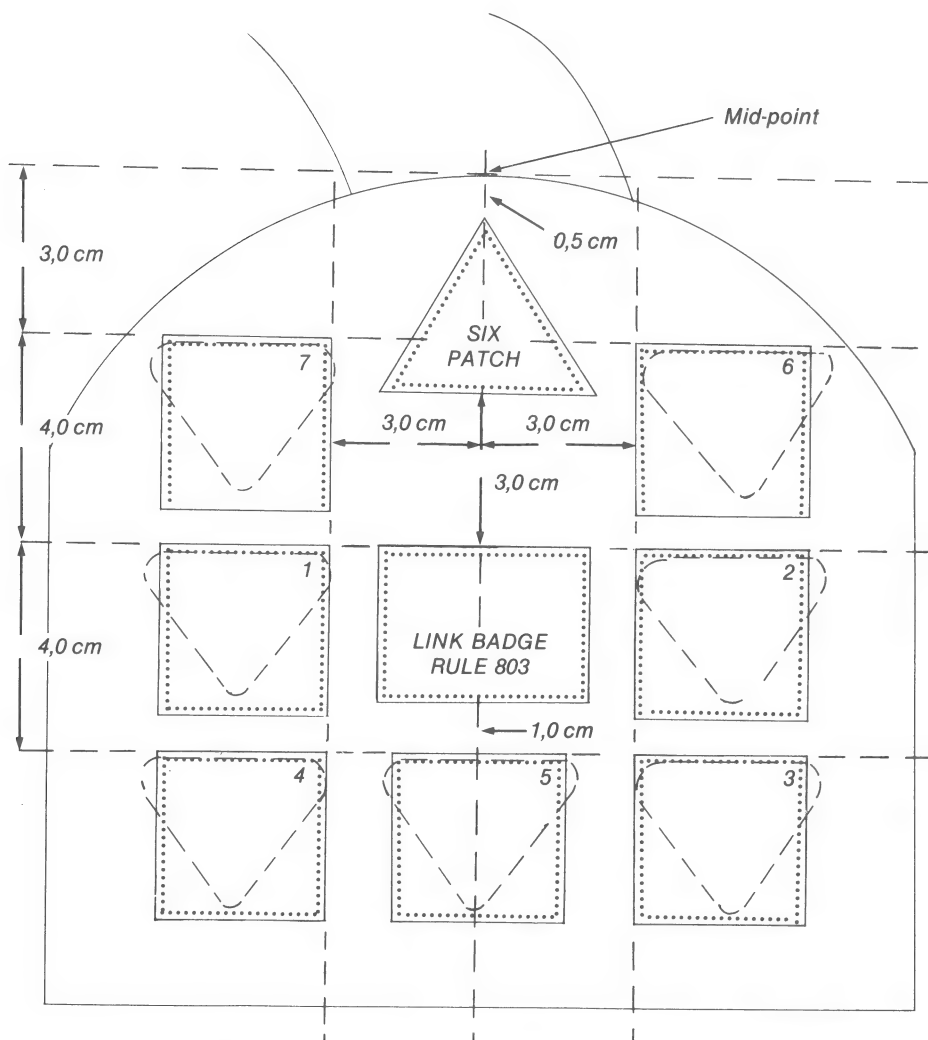
Badge Chart



*Interest Badges are worn in numbered order as earned
(Rule 804)*

BADGES—LEFT ARM—CUBS

Badge Chart



Interest Badges are worn in numbered sequence as earned

(Rules 803 & 804)

NOTES

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ADVENTURES IN LION COUNTRY

A HANDBOOK FOR
TEN-YEAR-OLD CUBS

